

# Parent & Carer Support Groups

**Is your child struggling with their mental health?**  
Join a TIC+ Parent & Carer Support Groups for six FREE sessions to inform & support parents and carers, helping you to understand your child's distress.

**Who can attend?** Parents & Carers of young people aged 11-18 living in Gloucestershire.

**Where?** Sessions are delivered remotely via Zoom or face-to-face in venues across Gloucestershire.

**When?** Times vary. Please visit our website for the full timetable of dates.



## January 2023 Dates

10/01 - 14/02/23 | Tuesday Evenings | 7:00pm - 8:30pm | Stroud

11/01 - 15/02/23 | Wednesday Afternoons | 1:15pm - 2:45pm | Zoom

11/01 - 15/02/23 | Wednesday Evenings | 7:00pm - 8:30pm | Zoom

11/01 - 15/02/23 | Wednesday Evenings | 7:00pm - 8:30pm | Cheltenham

12/01 - 16/02/23 | Thursday Evenings | 7:00pm - 8:30pm | Gloucester

### How do I book?

Head to [www.ticplus.org.uk/parents-carers/parent-carer-support-groups/](http://www.ticplus.org.uk/parents-carers/parent-carer-support-groups/)



Or you can book by scanning this QR code with your phone.