



# Parent Support Group

For parents/carers of young people (11-25 years)  
struggling with their mental health



A welcoming and safe space to share  
your story and connect with others



Havering, Barking  
and Dagenham

# Parent Support Group

A six-week programme for parents/carers of young people (11-25 years) struggling with their mental health.

Like-minded parents/carers are listened to and reassured whilst receiving tips and techniques for supporting their young people.

This interactive online group comprises two-hour sessions on mental health signposting, effective two-way communication, dealing with anxiety, increasing resilience, parenting styles and self care.

We help parents/carers to empower each other through information and support.

Sessions are delivered in an engaging way with lots of opportunities for small group discussions, all in a safe and non-judgemental space.

If you, or someone you know, would like to speak with one of the Parents' Team, please get in touch.

**The sessions take place on:  
Wednesday Evenings  
Online on Zoom  
Between 6 - 8pm**



I know that I am not alone, having met some wonderful parents going through similar things



## For more information:

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[www.haveringmind.org.uk](http://www.haveringmind.org.uk)



HaveringMindCharity



Havering, Barking and Dagenham

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