

15th April 2024

Dear Parent / Carer,

FREE PARENT SUPPORT GROUPS STARTING JUNE 2024 led by TIC+

Teens in Crisis provide support to both parents and children. They have contacted us this week to let us know of some parents support groups they will be offering. These are running in Cheltenham and Stroud and remotely during June and July 2024 over a course of 6 weeks, for parents/carers of children between the ages of 11-18 within Gloucestershire. We have received feedback from some of our parents who took up this opportunity previously and they felt the classes were incredibly worthwhile. To book a place click on their website link.

Dates	Day	Time	Location	Booking Link
04.06.24 – 09.07.24	Tuesday	10:30am – 12midday	Stroud	https://www.eventbrite.co.uk/e/695234564297?aff=oddtcreator
05.06.24 – 10.07.24	Wednesday	7:00pm - 8.30pm	Cheltenham	https://www.eventbrite.co.uk/e/695268224977?aff=oddtcreator
06.06.24 – 11.07.24	Thursday	7:00pm - 8.30pm	TEAMS	https://www.eventbrite.co.uk/e/689954050137?aff=oddtcreator

The groups are designed to inform and support parents, helping them to understand their child's distress and discover effective strategies to improve their resilience. The group is also an opportunity for parents going through similar experiences to encourage, support and learn from each other in a safe and friendly environment.

All details are on their website under the following link: <https://www.ticplus.org.uk/parents-carers/parent-carer-support-groups/>

I hope these groups may be useful to some of you.

Yours sincerely,

Mrs. D Christopher
Senior Assistant Head and DSL