

Parent & Carer Workshops



Worried about your child's wellbeing?

We run **FREE Workshops** for parents & carers of young people aged 11-18. The meetings are offered face-to-face and/or virtually via Zoom.

The workshops are 1.5 hours long and run for 4 weeks with an optional 5th week.

Discover strategies to nurture resilience, guided by trained facilitators.

Upcoming Workshops

Zoom

14/01/26 – 11/02/26

6:30pm – 8pm

Zoom

15/01/26 – 12/02/26

7pm – 8:30pm

How to book



Bookings close 11.30pm on
06 January 2026

Topics Covered

Weeks 1 - 5



Understanding
young people's
anxiety &
development

Effective
communication &
conflict resolution

Equipping young
people with anxiety
coping tools

Supporting through
depression &
self-harm concerns

Setting healthy
boundaries &
expectations

