

Parent & Carer Workshops

talk
well

Worried about your
child's wellbeing?

We run **FREE Workshops** for parents & carers of ages 11-18, that meet face-to-face or virtually via Zoom.

These workshops meet weekly for four weeks, with an optional fifth week, and last 1.5 hours.

Discover strategies to nurture resilience, guided by trained facilitators.



Upcoming Workshops

Zoom

17/06/25 - 15/07/25

6.30pm - 8.00pm

Cirencester

18/06/25 - 16/07/25

7.00pm - 8.30pm

Cheltenham

12/06/25 - 17/07/25

10am - 11:30am

How to book



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

