



FAMILY SUPPORT



Supporting parents to understand their children's mental health through therapeutic interactive workshops

Face-to-face workshops are designed to support parents through every stage of their child's journey. Gain confidence and practical skills to navigate challenging moments with ease.

Healthy coping strategies & building resilience, ending with looking after my own wellbeing

10- 12 midday
16th March 2026

Social media and mental health

10- 12 midday
13th April 2026

Communicating with teens - understanding their mental health

10- 12 midday
11th May 2026

Venue address

Cirencester Impact Centre - 47 Lewis Lane,
Cirencester, GL7 1EB



To book email:
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