

## Schools and Colleges Early Support Service

### Information regarding 'Parenting teenagers' groups: Dads and male carers (November 2022)

Dear Dads and male carers,

We would like to invite you to attend a 4-week online "Parenting Teenagers" group, starting on **Monday 7<sup>th</sup> November 2022**, in collaboration with the Schools and Colleges Early Support Service.

Each session will run for 1 hour from **5pm on a Monday evening for 4 weeks**. The group will be offered to Dads and male carers from a variety of secondary schools and will be closed once at capacity (min. 6 and max. 10 spaces per group). In addition to the Dads and male carers group, there will also be 4 "Parenting Teenagers" groups, which are open to all parents/carers of adolescents (advertised separately).

#### Purpose of the group

The group aims to provide a place to think about the challenges of parenting adolescents, as well as a space for you as parents/carers to attend to your own wellbeing which we think is just as important. During the group, we will also think about the specific challenges faced by Dads and male carers of adolescents.

The group is not a webinar and are also not therapy, but rather aims to support parental emotional wellbeing and the connection between parents/carers and their teens. It is an interactive group with a mixture of teaching and discussion.

#### Introductory meeting

On the **31st October 2022 at 5pm**, one week before the group starts, there will be an online meeting that any Dad/male carer who is interested in the group can attend to hear what the group is all about, to meet your group facilitator and to ask questions. This is to ensure you have all the information needed to decide whether the group is for you. After that, you will be asked to register for the actual group and places will be allocated on a first come first served basis.

Register in advance for this meeting:

[https://annafreud.zoom.us/meeting/register/tJUvcu6vqT4uHNbOshbMlvby76-rxyvGT9\\_3](https://annafreud.zoom.us/meeting/register/tJUvcu6vqT4uHNbOshbMlvby76-rxyvGT9_3)

#### Group feedback

These parent/carer groups have been running since January 2021 and have been very positively received. Feedback from parents has included: "I think it was perfectly pitched and I felt supported and listened to. A big thank you." "Very reassuring to hear so many parents of teens telling very similar tales of struggle." "I have been telling people to go to the group if it is offered again – the value is not just in meeting other parents - it is in the tools shared- the most helpful - the emotional thermometer".

Our Patron: **Her Royal Highness The Princess of Wales**

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