

Schools and Colleges Early Support Service

Information regarding 'Parenting teenagers' groups (November 2022)

Dear Parents/Carers,

We would like to invite you to attend a 4-week online "Parenting Teenagers" group for parents and carers of adolescents, starting after half-term in the week of 7th November 2022. We are offering these groups in collaboration with the Schools and Colleges Early Support Service. The groups will run for 4 consecutive weeks.

The 'Parenting Teenagers' group

The 'Parenting Teenagers' groups offer a space to think about the challenges of parenting adolescents, as well as a space for you as parents/carers to think about how you are doing which we think is just as important. The groups are not webinars, and they are also not therapy, but rather aim to support your wellbeing and the connection between you and your teens. It is an interactive group with a mix of teaching and discussion.

There are 4 closed groups on offer for mothers and fathers alike, running for 1 hour on different days and times each week. Each group will be offered to parents/carers from a variety of secondary schools and will be closed once at capacity (min. 6 and max. 10 spaces per group).

Group for Dads and male carers

We also offer one 4-week group specifically for Dads and male carers which will be on Mondays at 5-6pm. You can find the link to register below, the structure of the group is the same as the one for all parents/carers. More information is provided in a separate advert.

Introductory meeting

In the week of 31st October 2022, one week before the groups start, an online 'introductory meeting' will be held by each group facilitator on the day and the time their group will run, meaning any parent/carer interested in the group can attend to hear what the group is all about, to meet the 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.

'Parenting Teenagers' group feedback

These groups have been running since January 2021 and have been very positively received. Feedback from parents and carers has included: "I think it was perfectly

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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".

Introductory meeting: Dates and Zoom links

Monday 31st October, 5-6pm (Dads and male carers only)

Register in advance for this meeting:

https://annafreud.zoom.us/meeting/register/tJUvcu6vqT4uHNbOshbMlvby76-rxyvGT9_3

Tuesday 1st November, 1-2pm

Register in advance for this meeting:

https://annafreud.zoom.us/meeting/register/tJwucuqgrz4iH9YyJi8U_9VhcaXzT1AefesF

Tuesday 1st November, 5-6pm

Register in advance for this meeting:

<https://annafreud.zoom.us/meeting/register/tJIpf-qvrD4qHN1hkXNjaRPW0s87dkHLOIVL>

Tuesday 1st November, 7-8pm

Register in advance for this meeting:

<https://annafreud.zoom.us/meeting/register/tJMldemprDwvG9LtfnjLKPOpCFwseo7B4UFb>

Wednesday 2nd November, 12.30-1.30pm

Register in advance for this meeting:

<https://annafreud.zoom.us/meeting/register/tJMrc-6opzkiGNfelA6S7OdMt4qYkV2zZBiI>

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