

Parent Support Group



**YOUTH
TALK**

**Are you worried
about your
child?**

**Would you like
some help &
support?**

**If so, why not
join us**

Get in contact

01727 868684



info@youthtalk.org.uk



Youth Talk is running a series of groups for parents of young people 13-25 in St Albans District who are looking for support and help. The group will enable parents to share experiences, learn from each other, offer mutual support and discuss the challenges that come with parenting young people who are growing up.

The group will run for 6 weeks on Saturdays 10.00am-11.15am for parents of young people who are not already accessing Youth Talk or other mental health services.

Two experienced therapists will facilitate the group to provide a safe, confidential, reflective space to explore concerns and ideas together. A commitment to attending all 6 sessions is helpful to build a sense of cohesion and trust.

The group will be run in Southdown, Harpenden, where there is plenty of parking and close to other transport links.

Interested in joining? You can email us at info@youthtalk.org.uk, call 01727 868684 or use this QR code:



**Free,
confidential
support**