

PARENT SUPPORT PROGRAMME

2024

Thursday 11th January
'Adolescence'

Thursday 14th March
'Anxiety Management'

Thursday 2nd May
'Neurodiversity'

Thursday 4th July
'Building Confidence,
Resilience & Self-Esteem'

Thursday 3rd October
'School Transitions'



When? 6.00 - 7.30pm

Where? Solent Mind
Wellbeing centre, Priory
Gardens, Parchment St,
Winchester SO23 8AU

£10 to book your space:
winchyc.org

Or scan here



WYC, in partnership with Solent Mind, delivers sessions on a variety of topics for parents/carers who support young people aged 11-25yrs in the Winchester district. The sessions will be delivered by clinical experts and will provide an opportunity to meet other parents/carers who support children or young people experiencing mental health and/or emotional difficulties. Booking is essential.

Connect With Us:

  @WinchesterYouthCounselling

More Information:

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