

# Parent Support Programme

Provided by Eikon and YMCA East Surrey

A four-week online parenting support group for parents/carers whose children are experiencing challenges or difficulties with their emotional wellbeing and mental health, followed by 1:1 check-ins for up to three months to help support the implementation of tools and strategies covered in the groups.

- ▶ Additional 1:1 support is available where there is an identified need.
- ▶ Sessions provide time for parents to ask questions and connect with others in a supportive environment.
- ▶ Participants attend one session each week, with a choice of three different days and times.
- ▶ Attendance at all four initial sessions is required.

The programme will run in January 2026 and April 2026.

A range of topics will be explored, including:

- ▶ Anxiety
- ▶ Managing emotions
- ▶ Effective communication
- ▶ Positive reinforcement and praise
- ▶ Active listening
- ▶ Self-care strategies

Parents must give informed consent prior to referral. A separate referral form must be completed for each parent attending the group.

This service offers support to families in the following local authority areas:

**Reigate & Banstead / Tandridge** - parents/carers with children aged 8 - 18

Contact YMCA East Surrey to find out more information and register your place:

**E** [communitywellbeingteam@ymcaeast Surrey.org.uk](mailto:communitywellbeingteam@ymcaeast Surrey.org.uk)

Or scan the QR code below:



**Elmbridge / Runnymede** - parents/carers with children aged 5 - 18

Contact Eikon to find out more information and register your place:

**E** [communitywellbeingteam@eikon.org.uk](mailto:communitywellbeingteam@eikon.org.uk)



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