

When your child is emotionally struggling, you don't have to do it alone

Practical guidance, advice and encouragement for parents and carers supporting their child's emotional wellbeing and mental health.

Build confidence. Learn practical tools. Connect with other parents.

In the sessions, you'll explore ways to:

- ▶ Understand and respond to your child's emotions
- ▶ Support anxiety and difficult feelings
- ▶ Build positive relationships at home
- ▶ Communicate and listen more effectively
- ▶ Use positive reinforcement and praise
- ▶ Look after your own wellbeing

A supportive, non-judgemental space to ask questions, share experiences and learn from other parents who understand.

4 WEEKS • ONLINE • ONE SESSION EACH WEEK

Choose a session time that works for you.



WEDNESDAYS | 12 noon - 1:30pm

4, 11, 18 & 25 Nov 2026



THURSDAYS | 6pm - 7:30pm

5, 12, 19 & 26 Nov 2026



Please make sure you can attend **all four sessions**.

And the support can continue...

Where there is an identified need, additional 1:1 support may be available following the group.

WHO IS IT FOR?



Reigate & Banstead / Tandridge

Parents/carers of children aged 8-18



Epsom & Ewell, Elmbridge & Mole Valley

Parents/carers of children aged 11-18

Ready to feel more confident supporting your child?

Find out more and register your place

✉ communitywellbeingteam@ymcaeast Surrey.org.uk

Scan the QR code to find out more.



Delivered by

YMCA EAST SURREY

Registered charity no. 1075028

For families in Reigate, Banstead & Tandridge, Epsom & Ewell, Elmbridge & Mole Valley.

Parents/carers must give informed consent before referral. A separate referral form is required for each parent attending.

YMCA

Here for young people
Here for communities
Here for you