

Quotes from cohort 1

"In one of the films, a teen said they didn't want their parents to feel they have to fix things. Just listen. It keeps coming back to me and has helped"

"The course has been helpful by providing a lot of information and resources. More importantly, it has been a way of sharing some of the difficult experiences of being a parent. have also realised that there is no simple formula for helping teenagers - the more we can learn as parents, the better we're able to adapt and provide help without being so anxious."



Parenting in Mind - Course details

SGS College are offering a free 12-week course to support parents of teenagers and young adults.

We will help you navigate through the issues and mental health concerns that many of our young people are now facing. Taught in a fun and interactive way, you will also learn some tips on how to look after your own wellbeing. Sessions are either face-to-face in Stroud Campus or online.

On completion of the course you may go on to study in more depth any of the subjects that are most relevant to you and a list of course can be found here

<https://www.sgscol.ac.uk/study/online>

or you may simply take the tools you have learned and use them to support your family and friends.

Please see the accompanying leaflet

For further information contact: cpdforcare@sgscol.ac.uk.

To enrol click this link: <https://www.sgscol.ac.uk/study/healthsocial/parenting-in-mind>

Session details

Venue	Day	Time	Duration
SGS College Stroud Campus Room 248	Fridays	12.30pm to 2.30pm	09/09/22 to 02/12/22
Online	Mondays	6.30pm to 8.30pm	18/07/22 to 03/10/22

Topics covered

1. Induction
2. Managing your Wellbeing
3. Methods of Communication
4. Strategies around Behaviours that concern
5. Understand cause and effect of Cyber Bullying
6. Awareness of Self Harming behaviours
7. Overview of Mental Health concerns
8. Working with our reactions
9. Definitions of a crisis and where to seek support
10. Awareness of Stress and stress Management
11. Introduction to Mindfulness and Strategies around living mindfully.
12. Evaluation, next steps and celebration of success.