

# Parenting Mental Health Support Service

## Online Evening Groups

**Expert by Experience presentations- 19:30-21:30**

(including time for Q & A)

**Peer support groups - 19:30-21.00**

Date	Group Topic
Weds 7 <sup>th</sup> Jan '26	Peer Support
Weds 21 <sup>st</sup> Jan '26	Supporting children/young people's self esteem
Weds 4 <sup>th</sup> Feb '26	Peer Support
Weds 18 <sup>th</sup> Feb '26	Supporting children/young people in a digital world
Weds 4 <sup>th</sup> March '26	Peer Support
Weds 18 <sup>th</sup> March '26	Supporting children/young people who self harm

To book onto any of our expert by experience presentations please visit our training page on; [www.westsussexmind.org](http://www.westsussexmind.org)

(If you are already signed up to the Parenting Service, please use the Zoom link provided).

To access the online peer support groups you need to have signed up to our service already. You can do this by calling our Help Point Monday to Friday, 10am until 4pm on 0300 303 5652 or email; [helppoint@westsussexmind.org](mailto:helppoint@westsussexmind.org)



We are a friendly, supportive group and there is no pressure to share if you don't feel comfortable to do so.