

Mellow Caring for Young People

Parenting Group
12 Weekly Sessions

PARENTS & CARERS OF YP AGED 12+



Mellow Caring for Young People offers a supportive space where parents and carers of young people can connect, share experiences, and grow together.

The group is informal, non-judgmental, and perfect for navigating this new phase while taking care of yourself. Build relationships, reflect, and find comfort in knowing you're not alone. Caregivers will be supported to reflect on and understand their relationship with their young person.

You will look into the importance of taking care of yourself, adapting and strengthening your relationship with your YP, and the unique challenges and opportunities of the teenage years, all in the knowledge that you are not the only one experiencing these.

The group will discuss the changes YP face as they transition to adulthood and how these can impact their well-being and relationships.

We will explore ways to support one another during this journey.

“I didn't know what it would be like but it was great, I enjoyed it.”

“I enjoyed taking part in the group and talking to other mums”

Parents and Carers Voices, 2024

