



YOUNG GREENWICH  
PARENTS

# ONLINE SUPPORT GROUPS

March - Jun 2025

Join our lunchtime online support groups for parents living or working in Greenwich. Each month we explore a different topic to empower you in your parenting journey and grow your skills and knowledge along the way.

## Support Group for Parents of Neurodivergent Teens

Every Thursday from 12:30- 1:30 pm via Zoom

**MARCH: Understanding Triggers;** learning what they are, why they happen and what you can do about them.

**APRIL: Advocation;** how to advocate for your teen and teach them the skills to advocate for themselves.

**MAY: Social Skills Building;** teaching your teen how to navigate relationships with more ease.

**JUNE: The importance of Support;** how to identify and build your support village.

Scan the QR Code of click the link below to join the Zoom room



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ZOOM

## General Support & Advice Group

Every Friday from 12:30- 1:30 pm via Zoom

**MARCH: Teen Anger;** learn why it happens and how to manage it.

**APRIL: Screen Time and Digital Safety;** how to talk about it, manage safety and prevent arguments.

**MAY: Getting Your Teen to Listen;** learn strategies for effective and harmonious communication with your teen.

**JUNE: Peer Pressure;** Understanding it's impact and how to support your teen to be an individual.

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For more information email us at [parenting.support@metrocharity.org.uk](mailto:parenting.support@metrocharity.org.uk)

