Parent Support Hub

A project delivered by Therapeutic Support Services CIC

About the Course

The Parent Support Hub course is an eight-week programme offered in both **in-person** and **online** formats.
Both versions of the course cover the same core content and are designed to support parents, carers guardians whose children or young people aged 8+ who are experiencing mental health difficulties.

The course offers a balance of **education**, **compassionate support**, and **peer-to-peer connection**, with a strong emphasis on building confidence, understanding, and community.

Key Aims of the Course

The Parent Support Hub course aims to provide:

Education
Practical and accessible education about mental health challenges affecting children and young people, including:

- ✓ Anxiety
- ✓ Depression
- ✓ Self-harm
- ✓ Suicidal ideation
- ✓ The effects of trauma
- ✓ Understanding behaviour as communication

Compassion-Based Support
A core emphasis of the course is learning how to engage in compassionate, compassion-based support:

- ✧ During sessions
- ✧ Outside of sessions
- ✧ Beyond the course itself

This includes encouraging you to explore ways to support **your own wellbeing**, and then extending this understanding to support the wellbeing of your child or children.

Peer-to-Peer Support
One of the key elements of the course is participation in a peer-to-peer support network, which runs during the course and continues beyond it.

To get the most from the experience, we encourage you to engage as fully as you can — what you put in often comes back many times over.

This will include:

- ✓ Being part of a WhatsApp group with others in your cohort
- ✓ Opportunities to buddy up with another participant for mutual support during and after the course
- ✓ Access to ongoing community-based support opportunities

You are also warmly invited to attend our **weekly drop-in sessions** at the **ACORN Centre**, held every **Thursday during term time, 1.30–3.00pm**.
These sessions offer the chance to connect with a wider network of parents and receive support from our team.

A key objective of the project is to support you to support each other, and to extend this support to your children.
We aim to help build a **local, community-based support network**, so that this experience does not end after eight weeks, but continues in meaningful and sustainable ways.

Course Times and Locations

In-Person Course

- ❖ **Day:** Wednesdays
- ❖ **Time:** 11.30am – 1.30pm
- ❖ **Venue:** People's Parkfield
  38 Esplanade Road
  Paignton
  TQ3 2NH

Parking:
There is no on-site parking. The nearest parking is available along the seafront or on Lower Polsham Road.

Online Course

- ❖ **Day:** Tuesdays
- ❖ **Time:** 6.30pm – 8.30pm
- ❖ **Platform:** Zoom

Participants attending online sessions will need:

- ❖ A suitable device
- ❖ Reliable internet access
- ❖ A quiet, private space to join the sessions

We ask that participants ensure they are able to attend **all course dates**.
If you are unable to attend all sessions, we may be able to offer you a place on a later cohort.

Course Dates

In-Person Course (Wednesdays)

28 January 2026, 4 February 2026, 11 February 2026, (*Half-term break),* 25 February 2026, 4 March 2026, 11 March 2026, 18 March 2026, 25 March 2026

Online Course (Tuesdays)

27 January 2026, 3 February 2026, 10 February 2026, (*Half-term break),* 24 February 2026, 3 March 2026, 10 March 2026, 17 March 2026, 24 March 2026

Course Content Overview

This outline provides an overview of what the course will cover.
We aim to remain responsive to the needs of each group, so content may be adapted if more pressing needs arise.

The course will include:

- ✓ Exploring how we care for our own wellbeing and how this supports our roles as parents and carers
- ✓ Engaging in creative activities to explore complex topics in accessible ways
- ✓ Education around anxiety, depression, lack of meaning, trauma, self-harm and suicidal ideation
- ✓ Exploring what can be put in place within the home to support children and young people
- ✓ Working in both larger and smaller groups to explore shared experiences
- ✓ Learning and practising compassionate listening
- ✓ Educational videos from leading experts in trauma and mental health
- ✓ Q&A opportunities with mental health professionals
- ✓ Exploring early and supportive interventions within the home
- ✓ Understanding how rebuilding a sense of community can positively impact wellbeing
- ✓ Developing and sustaining peer-to-peer support beyond the course

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Application Process

To attend this course, please complete the application form available via our website.

Closing date for applications:
Friday 16 January at 5.00pm

We will respond to all applications by **Friday 23 January 2026**.

Places will be prioritised for applicants based in the **Torbay area**, in line with our funding criteria.

Help With Your Application

We recognise that some people may find completing application forms challenging.

If you would like support with completing the form, or if you have any questions, please contact us at:
info@therapeuticsupportservices.com

We will do our best to support you.

Supporting Your Participation

Not everyone feels comfortable being part of a group, and it is completely natural to feel nervous.

If you have any concerns about attending the course, please let us know.
We will always do our best to support you to feel safe, welcome, and included.

We look forward to meeting you and embarking on this journey together.

Katherine Jordan
Course Facilitator
Parent Support Hub
Delivered by Therapeutic Support Services CIC