

PARENT GROUP -

FOR CHILDREN'S CHALLENGING BEHAVIOUR

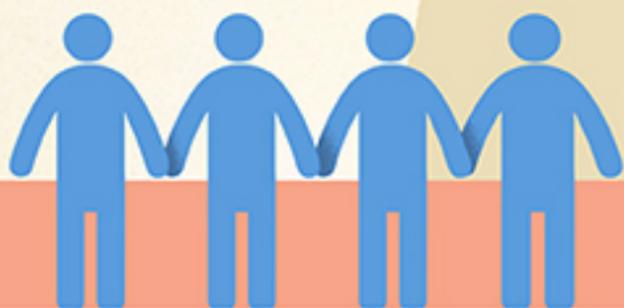
We offer supportive therapy groups designed specifically for parents and carers of children with behavioural challenges.

Our October program runs for 5 weeks and provides practical tools, strategies, and confidence to help your child navigate difficulties and thrive.

Each session introduces key psychological concepts and parenting strategies based on evidence-based practices such as cognitive behavioural therapy (CBT), offers a safe and welcoming space for parents to connect, share, and grow together.

Aims:

- Gain a deeper understanding of your child's behaviour and what drives it
- Learn practical strategies to support your child's emotions and manage challenging behaviours
- Strengthen your bond through effective communication and connection
- Build your own emotional resilience as a parent or carer
- Take home tools and techniques you can apply at home



Who we are?

The Ealing Mental Health Support Team (MHST) is a service within the West London NHS Trust. It is a team that supports the wellbeing of children and young people in education settings, and provides evidence-based support at the earliest signs of difficulties and promote positive mental health.



Ealing MHST Parent Group for
Children's Challenging Behaviour



Spaces are limited to 8-10 parents, early registration is recommended. If you are interested in the group, please sign up with the code OR contact Ms Lakhbir Kaur at info@khalsa.ealing.sch.uk.

If you have any questions, please contact Ealing.mhst@nhs.net