



Parent and Carers support group

**DO YOU HAVE A YOUNG PERSON
AGED 18-30 EXPERIENCING
MENTAL ILL-HEALTH? IF SO THIS
GROUP IS HERE TO SUPPORT YOU**

Join our Inclusive Support Group – a safe and welcoming space where parents and carers of all backgrounds can connect, share, and gain strength from each other. Whether you're looking for guidance, encouragement, or a community to lean on, we are here to support you. Together, we'll foster growth, and celebrate each other's journeys in a compassionate, non-judgmental environment.

The aim of this group is to offer you support and information to help reduce feelings of isolation as you support your young person through challenging times and to equip you with the necessary skills to better assist those you support. We aim to improve your overall wellbeing.

To provide the most effective support these sessions will be run as blended delivery online and face-to-face.



STARTING SEPTEMBER 2025

WHEN:

MONDAYS ONLINE

**FIRST THREE WEEKS OF THE
MONTH**

19.00-20.30

THURSDAYS FACE-TO-FACE

FOURTH WEEK OF THE MONTH

19.00-20.30

WHERE:

OAKLEAF

101 WALNUT TREE CLOSE

GUILDFORD

**BOOK YOUR PLACE BY
EMAILING**

**JULIETTERAMPTON@OAKLEAF-
ENTERPRISE.ORG**

For enquiries contact

07465751246

Juliette Rampton (MBACP)

I am passionate about supporting mental health and am dedicated to making a positive impact on people's lives. I'm an experienced Integrative counsellor with additional training in suicide awareness and prevention, I am committed to fostering meaningful change and facilitating growth in individuals. I look forward to meeting you and helping to build strength and resilience in your personal journeys.