



**FREE WORKSHOP FOR
PARENTS AND CARERS**

Funded by
grainger

**Learn tools and strategies to support your
young person with:**

Low Self Esteem

Anxiety

Worries

Low mood

**NEWLANDS PRIMARY ACADEMY, MARRELSMOOR AVENUE,
WATERLOOVILLE, PO7 3FE (VIA HOUGHTON AVENUE)**

WHAT THREE WORDS - ROOFS.GRASP.CARING

Thursday 26th March 2026

6:45pm - 8pm

6:45pm - 7pm: Arrivals

7pm: prompt start

**TO SIGN UP PLEASE SCAN THE QR CODE.
ALTERNATIVELY EMAIL [GROUP.WORK@OTR-
SOUTH.ORG.UK](mailto:GROUP.WORK@OTR-SOUTH.ORG.UK)**



**Off The Record (South East Hampshire) -A charity dedicated to supporting
young people's mental health to fulfil their potential for a brighter future.**

Youth Counselling | Counselling for Parents and Carers | Group Work | Young Carers
138 Purbrook Way, Leigh Park, Hampshire, PO9 3SU

Registered Charity No: 1064275

www.otr-south.org.uk