



Family Based Solutions
Moving Forward Together

Join Our Free Online Parent Support Group Once a week for 4 weeks



Introducing our virtual Parent Support Group

Facilitated by Family Based Solutions
Supporting families since 2012

Join us every week for a month to connect with other parents, share experiences, and gain valuable insights. This online group is designed to provide a safe space for parents to discuss challenges, seek advice, and build a supportive community.

Suitable for parents/carers/grandparents looking for ways to improve their current situation when faced with conflict and challenging behaviours.

Let's navigate the ups and downs of parenting together.

GROUP 1

Thursday's 11am-1230pm

5th February 2026

12th February 2026

26th February 2026

5th March 2026

GROUP 2

Thursday's 1230pm-2pm

19th March 2026

26th March 2026

16th April 2026

23rd April 2026

Switching groups is not permitted.

Due to sensitive discussions children should not be present during the weekly sessions.

Sign up confidentially for this 4-week journey:

CONTACT DETAILS admin@familybasedsolutions.org.uk

Tel: 020 8363 6262

www.familybasedsolutions.org.uk

www.facebook.com/familybasedsolutions

Family Based Solutions (FBS) Charity No. 1149383