



eikon helping young people in Surrey

Family Wellbeing Support

Supporting parents to build confidence, connection,
and family wellbeing.
Delivered by The Eikon Charity in partnership with YMCA East Surrey.

Join our free four-week online group for parents and carers of children aged 8-18 living in Runnymede and Elmbridge..

Each week, we explore practical strategies to:

- Understand and manage anxiety
- Support emotional regulation
- Improve communication
- Build family resilience

Upcoming groups: January 2026, April 2026

- (One session per week – choice of three convenient times. Attendance at all four sessions is required.)

Ongoing 1:1 Support

After completing the group, parents are offered up to three months of one-to-one support to help put tools and strategies into practice.

Alternatively, you can access 1:1 support directly, without attending the group. This can be online or face-to-face in the community.

Drop-in Coffee & Cake Sessions at Eikon:

Come along to find out more about the programme, meet the team, and ask questions. 7th & 11th November, 10am-12pm at The Eikon Charity, Selsdon Road, New Haw, Surrey KT15 3HP

Referral information:

Parents must give informed consent before referral.

A separate referral form is required for each parent attending.

LEARN MORE ABOUT EIKON HERE 



www.eikon.org.uk

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