



Stepping Up to Gaming

Parent and Adolescent Therapeutic Group

Are you worried about your child spending too much time online gaming?

The 'Stepping Up to Gaming' parent and adolescent therapeutic group is here to help. This free group supports parents and young people to better understand each other, and supports you to work together on how to restore balanced gaming.

Join us for four weekly sessions. The sessions are for BOTH care-givers and children to attend together.

When:

Where:

Cost: Free

To book or for more information please contact

Phone:

or Email: