



Here for young people
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Family Wellbeing Service

YMCA East Surrey's Community Wellbeing Team offers support to parents/carers whose children are experiencing challenges or difficulties with their emotional wellbeing and mental health.

The Family Wellbeing service helps families set goals and identify needs through 1:1 or group support. We empower parents with the tools and knowledge to create a more supportive home environment, promoting better mental health for children.

This service offers support to parents/carers in the following local authority areas:

- ▶ Epsom & Ewell / Elmbridge / Mole Valley - parents/carers with children aged 11-18
- ▶ Reigate & Banstead / Tandridge - parents/carers with children aged 8-18

We work from YMCA centres in Horley, Mole Valley, Redhill, Reigate and Tadworth. We also offer online support via Teams and in other community venues.

We accept self-referrals from parents/carers and direct referrals from professionals.

For more information or to discuss a referral, please get in touch.

E communitywellbeingteam@ymcaeastsurrey.org.uk

Or complete our [Family Wellbeing Service Contact Form](#)

www.ymcaeastsurrey.org.uk

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YMCA EAST SURREY

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