



How to contact us

Whether you are a parent or carer, an organisation or a volunteer, we look forward to hearing from you. Please use any of the following methods to contact us.

Parent Support Group
72 Blackheath Road
Greenwich
SE10 8DA

Parents/Carers
020 8469 0205
Organisations
020 8694 6052

Website:
www.psg.org.uk

Email
admin@psg.org.uk

How to find us

By Bus: 53, 180, 199, 225, 47

By Train: Greenwich Mainline Station

By Tube: Deptford Bridge DLR

By Car: A2 between Blackheath and Deptford.



Parent Support Group



For parents who want to support their young person to make the right choices.

Helpline: 020 8469 0205

Website: www.psg.org.uk

Parent Support Group is an independent charity, supporting parents and carers since 1993.

Registered Charity No 1077755
Company limited by guarantee Reg. No 3840906

Creating Partnerships

We are keen to hear from national and local organisations with whom we can work for our mutual benefit. We have worked with many organisations including local authorities, schools, colleges and universities, youth offending services, drug and alcohol agencies and local community groups

Our vision includes expanding PSG's work to new locations. We also provide consultancy services for organisations - with 18 years experience we are leaders in our field. If you are a parent or organisation looking for services in your local area, please contact us so we can work together to meet your needs.



What we do

Our Services include:

Helpline

We will listen, offer support and provide information and advice if appropriate. If we can't answer your call immediately you can leave a message — or send us a message via 'Contact Us' on our webpage.

Counselling

We offer confidential sessions with supervised, trained counsellors and support workers.

Drop-In

We run weekly drop-in sessions for parents and carers to meet in a relaxed environment with others facing similar challenges.

'Living with challenging behaviour' course

This course provides a safe and fun learning experience for parents and carers wishing to develop their parenting skills. Our course focuses on: positive communication; active listening; setting boundaries and coping strategies.