



Discovery
Project

Free courses for Families, Carers & Supporters of Young People

Summer Term 2026





Window of Tolerance

This course helps you build a compassionate understanding of how young people experience the world today through the lens of the Window of Tolerance and emotional regulation. Together, we'll explore what the Window of Tolerance is, how stress and overwhelm can show up in young people, and how our own responses can support or stretch their sense of safety.

Across the three sessions, we'll introduce practical strategies and offer space to build confidence in having gentle, supportive conversations with a young person. We'll explore accessible, strengths focused ways to talk about tools and coping strategies that you can use together in everyday life.

10am-12pm

Wednesday 24 June, 1 July & 8 July 2026





Boundaries

Exploring and talking about boundaries with young people can often feel difficult.

This one-session course explores what boundaries are, why they matter, and how they help us build relationships that work well for us.

We'll also look at why setting boundaries can feel uncomfortable or challenging and share practical ways to build confidence in putting them into place.

7-8:30pm

Tuesday 14 July 2026





Introduction to Anxiety

This one session course is delivered by the discovery Project for parents, carers and supporters of young people. In this introductory session we will explore what anxiety can look and feel like for young people today and what might support them.

10-11:30am

Wednesday 15 July 2026



