

Family

Wellbeing Support



Improving the life experiences and outcomes of children,
young people and their families.





Parents and Carers

What can we help with?

- Wellbeing – loneliness, isolation, low mood
- Self-esteem and confidence
- Parenting
- Illness and disability
- Understanding and managing your child's mental health and emotional wellbeing
- School refusal
- Family relationships and dynamics
- Transitions and changes

We are developing groups to support those who are feeling isolated and alone, including:

- Baby massage
- Friendship groups
- Parenting support programmes
- Therapeutic arts and crafts



Families

Working directly with families, we offer:

- Restorative Meetings: to support when relationships break down
- Learning Together: helping parents and carers support learning and playing together



Children

What can we help with?

- Self-esteem and confidence
- Managing feelings, particularly anger and anxiety
- Low level mental health, including self-harm
- School attendance and transitions
- Food and diet
- Social skills
- EAL support

Schools

We have developed groups that we deliver at schools throughout Warwickshire covering all age ranges. All our sessions are planned and tailored around the specific needs of the children attending.



The groups we currently offer include:

- Lego therapy
- Low level CBT
- Friendship and nurture groups
- Transitions
- Therapeutic arts and crafts
- EAL support



Family Wellbeing Support

We work with children and young people from 0-19 years (25 years SEND) and their parents/carers, providing individually tailored support, always with the wellbeing of the whole family in mind.

"I get less agitated over little things. It has helped me relax and not be angry."

"Lego has helped us to get to know each other's personalities and it helps."

"I now have friends and feel better at school."

"Really enjoyed the classes – both for the baby massage itself and also meeting and chatting to other mums – lovely group."

Feedback

"If it wasn't for The Parenting Project my situation today would be very different."

If you would like to find out more about our Family Wellbeing services, or if you are interested in volunteering to support their delivery, please contact our Family Wellbeing Facilitator Lead:

07535 951905 / familywellbeing@parentingproject.org.uk



The Parenting Project offers a pathway of support which includes Family Wellbeing Support, Counselling and Parent Mentoring.

To find out more about any of our services or to sign up to our newsletter, visit our website parentingproject.org.uk

You can also find us on **Facebook** under 'Parenting Project' please 'like' our page to receive regular news and updates.

