



Family & Community Support Programmes for Parents & Carers AUTUMN TERM 2022

Time to Pause

(In partnership with Mind Jersey)

This 8 week programme will cover how, as a parent you can take time to pause. It will give you better awareness to understand your own needs and improve your communication. This is open to all parents/carers who would like to take some time to themselves and connect with others.

Dates: 4th October – 29th November (Weekly sessions on a Tuesday) **Time:** 12:30 – 14:30

Venue: The Bridge

Who's In Charge

Who's in Charge is an 8 week programme specifically designed for parents/caregivers of a young person aged between 10-18yrs who is beyond control, violent or defiant.

The group aims to provide a supportive environment to share experiences and ideas, reduce guilt and shame, offer ideas to help develop strategies to manage behaviour, and help parents/care givers feel more in control and less stressed. Follow up support is always available.

Dates: 27th September - 22nd November (Weekly sessions on a Tuesday) **Time:** 18:00 – 20:00

Venue: The Bridge

0-12 Group Triple P

Group Triple P is a 6-week programme for parents and carers of children aged between 0-12-years-old. The programme looks at strategies to help manage children's behaviour and prevent the kinds of problems that can make family life stressful. This programme is recommended for parents and carers who may have a few concerns about their child's behaviour, or who may simply want to learn about positive parenting and how it can be applied to their family.

Dates: 15th September- 20th October (Weekly sessions on a Thursday) **Time:** 18:00 – 20:00 **Venue:** The Bridge

Keeping Children In Mind

Keeping Children in Mind is a 3-hour workshop for parents and carers who are thinking of separating, or who are already separated or divorced and are worried about doing the best for their children whilst coping with everyday life. The workshop discusses ways of managing and helping parents/carers and their families to move forward during what can be a very difficult time.

Date: Last Wednesday of each Month at **18:00 - 21:00.**

Venue: The Bridge

Teen Group Triple P

Teen Group Triple P is a 6- week programme designed for parents and carers of teenagers aged between 12-18 years of age. The programme provides tips and suggestions to help develop the skills needed to raise confident and healthy teenagers, and to build stronger family relationships. This programme is recommended for parents and carers who find that their teenagers' behaviour has become too much to handle, or who may be keen to learn more about positive parenting and be prepared if hassles arise.

Dates: 5th October- 16th November (Weekly sessions on a Wednesday) **Time:** 18:00 – 20:00 **Venue:** The Bridge

New Forest Parenting Programme

(In partnership with CAMHS)

This is a 6 week course for parents/carers of children (aged between 3-11) who are displaying some of the symptoms associated with having ADHD, or already have a diagnosis of ADHD. It will explore ADHD and provide tools and tips for parents/carers to feel more confident when supporting a child with ADHD.

Dates: 19th September - 7th November (Weekly sessions on a Monday) **Time:** 18:00 – 20:00

Venue: Bermuda House

All of our programmes offer a confidential and supportive space for parents and carers to meet others in similar situations and share their own experiences.

All our programmes are free of charge.

To register your interest for the programmes mentioned on this flyer, please contact The Children and Families Hub, via telephone 01534 519000 or email Childrenandfamilieshub@gov.je

Please note that some dates may be subject to change, depending on how much interest is registered

