



A 10-week parent support programme

Who is it for?

A group for parent and carers of young people aged 11-18 years' old who are exhibiting self-harming behaviour. Any adult involved with the child can attend the group, including step parents, grandparents and childminders. We welcome parents on their own or with their partners. FLASH is delivered by Therapeutic Coaches and Counsellors.

What does the course cover?

FLASH allows parents the opportunity to discuss their concerns with people who understand and learn skills to manage these concerns within the home. It will include:

- Exploring what self-harm is and what the risks are
- Listening and self-esteem enabling skills
- Managing self-harm within the family environment
- How self-harm impacts on parenting
- Ways to manage under stressful circumstances
- Coping strategies for parents and carers

Flash is a 10-week course, run weekly for two hours. We will provide snacks and refreshments.

'No cost for families within the HABS Partnership'

£50 per person for the 10 week course outside of the HABS Partnership.

Venue: Wormley Primary School, Cozens Lane East, Broxbourne, EN10 6QA

Tuesday Evenings 7pm – 9pm

Tuesday 21st April 2020 – 30th June

(excluding May Half-Term)

If you would like to attend a group or for more information, please contact icole@wormleyprimary.co.uk or call 01992 303331 opt 5



Strength
In Mind
Therapeutic Services