

## PARENTING & DOMESTIC ABUSE GROUPS

### WHAT GROUP IS BEST FOR ME?

### Parenting Programmes

- The Solihull Approach
- Triple P 0-12
- Teen Triple P
- Triple P Transitions
- Triple P Stepping Stones

### Domestic Abuse

- Freedom

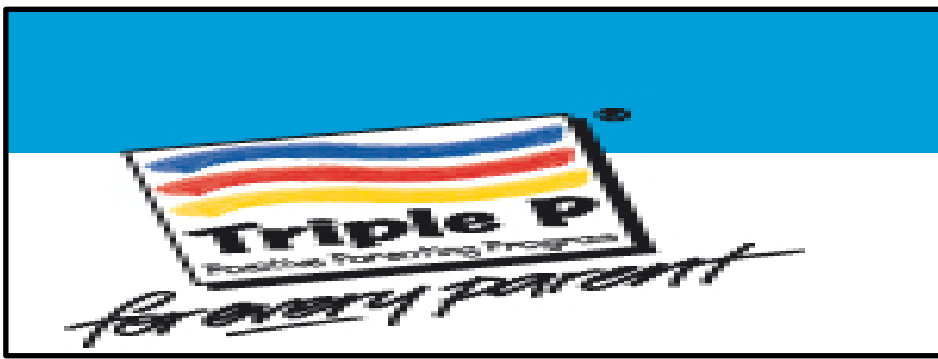
#### Ask yourself:

- Are you struggling to understand your child's behaviour?
- Do you need support in how to manage your children's emotions?
- Is your relationship with your child becoming a battle?

#### **THE SOLIHULL PROGRAMME COULD BE FOR YOU, IT IS FOR PARENTS & CARERS WITH CHILDREN 0-11 YEARS WHO WANT TO KNOW MORE ABOUT SENSITIVE AND EFFECTIVE PARENTING**

The Solihull Approach 10 week course aims to:-

- Promote understanding of children's behaviour
- Tune into children
- Explore feelings & emotions
- Give you as parents/carers a strategy for repair when things go wrong
- Develop a framework for thinking about parent/child relationships, which can be developed into a lifelong skill
- Promote reflective, sensitive and effective parenting



### IS THIS YOUR FAMILY?

- *Your child constantly misbehaves*
- *Other families don't seem to have it as tough as you*
- *Your family life is full of anger and tears*
- *There's probably a lot of shouting*
- *From breakfast to bedtime, it's a battle*

IF THIS SOUNDS LIKE YOUR FAMILY, TRIPLE P IS A POSITIVE PARENTING PROGRAMME OVER A PERIOD OF 8 WEEKS FOR PARENTS & CARERS OF CHILDREN FOR ALL AGE GROUPS

### TRIPLE P STEPPING STONES GROUP FOR PARENTS/CARERS WHOSE CHILDREN HAVE ADDITIONAL NEEDS

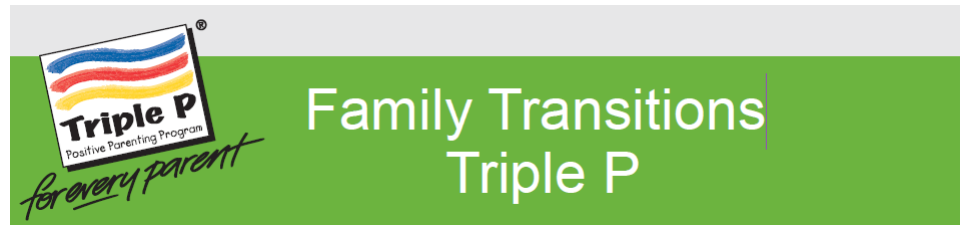
This group is for six weeks, learning new skills, followed by three individual telephone consultations to help parents refine problem solving skills, helping prevent the development of problem behaviour.

#### 0 - 12 YEARS which can help you to:

- Encourage behaviour you like
- Deal with problem behaviour
- Become confident as a parent
- Be realistic about parenting
- Take care of yourself

#### TEENS AGED 11 UPWARDS which can help you to:

- Build a strong relationship with your child
- Encourage positive behaviour
- Resolve conflict
- Manage problem behaviour
- Help your child stay safe



### Is this you?

You're divorced or separated. Your child is caught in the middle. You may have problems with your extended family, your new partner or your ex. Holidays and birthdays cause arguments. You may be concerned about your finances, and you're worried about the impact this is all having on your child's behaviour and emotions. If this sounds familiar, Family Transitions Triple P can help.

### What Is Family Transitions Triple P?

Family Transitions is a group parenting programme for divorced or separated parents. It gives you new ways to help protect your child – and yourself – from the fallout from a family split.

### What happens at Family Transitions?

At Family Transitions sessions, you meet other parents going through many of the problems that come with divorce or separation. You will get new ideas, techniques and strategies to help you through the day-to-day dramas and ongoing trauma of your situation. These ideas can help you cope with stress, anger and change, resolve conflict, and communicate better with your ex.



## Family Transitions Triple P

### **How long does it take?**

There are five weekly sessions of two hours each. After the five sessions, you are welcome to join other parenting groups offered by Children and Family Support Services.

### **Does my ex-partner need to attend with me?**

No. Family Transitions is not a mediation programme so you should attend on your own or, if you want support, with your new partner. If your ex-partner wants to do Family Transitions, you should attend separate groups.

How do I join a parenting group

Please email [CFSS@nctrust.co.uk](mailto:CFSS@nctrust.co.uk)

Let us know:-

What group you would like to join from the timetable below

Parent email address

Your phone number

# The Freedom Programme



## Freedom Programme

### What is Freedom Programme?

- Freedom Programme is a domestic violence programme which is primarily designed for women as victims of domestic violence
- The Programme also describes in detail how children are affected by being exposed to this kind of abuse, and most importantly how their lives are improved when the abuse is removed.

Please contact the following Family Hubs for further details:-

Kingsthorpe Children's Centre  
St David's Road  
Kingsthorpe  
NN2 6NS  
Tel 01604 791537  
Email: cfss@nctrust.co.uk

Penrith Family Hub  
Penrith Drive  
Wellingborough  
NN8 3XL  
Tel 01604 361373  
Email: cfss@nctrust.co.uk

## Strengthening Families North Course Timetable

SOLIHULL				
VENUE	DAY	TIME	START DATE	END DATE
Montagu Children's Centre	Wednesday	12.30-14.30	20th September 2023	29th November 2023
Penrith Childrens Centre	Monday	12.30-14.30	30th October 2023	15th January 2023
Newton Road Children's Centre	Tuesday	9.30-11.30	23rd January 2024	2nd April 2024

TRIPLE P 0-12				
Thrapston Primary School	Tuesday	9.15-11.15	12th September 2023	7th November 2023
Virtual	Wednesday	12.30-14.30	10th January 2024	6th March 2024
Wilbarston Primary School	Tuesday	9.15-11.15	16th April 2024	11th June 2024
Virtual	Wednesday	12.30-14.30	5th June 2024	31st July 2024
Penrith Childrens Centre	Friday	9.30-11.30	3rd November 2023	22nd December 2023

TEEN TRIPLE P				
Penrith Children's Centre	Tuesday	9.30-11.30	5th September 2023	31st October 2023
Virtual	Wednesday	12.45-14.45	1st November 2023	3rd January 2024
Montagu Childrens Centre	Thursday	13.00-15.00	4th January 2024	29th February 2024
Virtual	Tuesday	18.00-20.00	27th February 2024	23rd April 2024
Penrith Children's Centre	Tuesday	9.30-11.30	16th April 2024	11th June 2024
Virtual	Thursday	18.00-20.00	6th June 2024	25th July 2024

## Strengthening Families North Course Timetable

TRIPLE P STEPPING STONES				
Montagu Children's Centre	Thursday	12.30-14.30	5th October 2023	7th December 2023
Penrith Children's Centre	Friday	12.30-14.30	2nd February 2024	5th April 2024
Newton Road Children's Centre	Thursday	12.30-14.30	16th April 2024	11th June 2024

TRIPLE P TRANSITIONS				
Penrith Children's Centre	Friday	9.30-11.30	22nd September 2023	20th October 2023
Montagu Children's Centre	Tuesday	12.30-14.30	5th December 2023	16th January 2024
Newton Road Children's Centre	Friday	9.30-11.30	23rd February 2024	22nd March 2024

All Parenting Programme Referrals to be sent to  
[CFSS@NCTrust.co.uk](mailto:CFSS@NCTrust.co.uk)