



**Family
Wellbeing**



Family Wellbeing offers a range of workshops and programmes which are evidence informed and needs led.

The Service can provide:

- One Hour Sessions
- Two Hour Workshops
- 6 & 8 Week Programmes

Parenting NI's Family Wellbeing aims to help:

- Reduce parental stress
- Improve parental confidence
- Promote parental resilience
- Improve families emotional health & wellbeing
- Reduce the stigma for parents to accept & access support

Contact Rosie on rosie.keaney@parentingni.org
for more information, costs or to make a booking



ParentingNI

Supporting Emotional Wellbeing



Children's
Emotional
Health



Teen's
Emotional
Health



Parent's
Emotional
Health



Helping
Children
Manage
Change



Understanding
Your Child's
Development



Understanding
Your Teen's
Development



Improve my
Relationship
with my Teen



Sleep
(0-5 Years)



Supporting
Working
Mums



Talking
Tactics for
Dads



Worklife
Balance



Understanding
Parenting
Styles



ParentingNI

Promoting Positive Behaviour



Rules,
Boundaries
&
Consequences



Promoting
Positive
Behaviour



Preventing
Risk Taking
Behaviour



Promoting
Positive
Body Image



Reducing
Conflict in the
Home



Promote Teen
Independence



Raising Your
Child's
Self-Esteem



Promoting
Resilience



Results Day



Keeping Your Child Safe Online



Helping with Homework



Coping with Christmas



ParentingNI

Programmes



Parenting Apart

(6 week programme)
Supporting parents in
minimising the impact
of separation on
children



Sink or Swim

(6 week programme)
Supporting Parental
Emotional Health &
Wellbeing



Walking on Eggs Shells

(8 week programme)
Supporting parents
experiencing child to
parent violence to
achieve a calmer
violent free home



Keeping Your Cool

(6 week programme)
Supporting parents
with the tools to
recognise the
triggers to their
outbursts and
manage their
emotions



ParentingNI

Programmes



Children's Challenging Behaviour

(6 week programme)
Supporting parents to understand & manage children's challenging behaviour.



STAR

(6 week programme)
A joint parent & child programme to support the parent & child's relationship by improving communication with each other



Fathers & Families

(6 week programme)
Supporting dads to promote positive parenting skills



Parenting NI, First Floor, Unit 3, Hawthorn Office Park,
39a Stockman's Way, Belfast, BT9 7ET
Office: 028 9031 0891 . Support Line: 0808 8010 722

www.parentingni.org

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