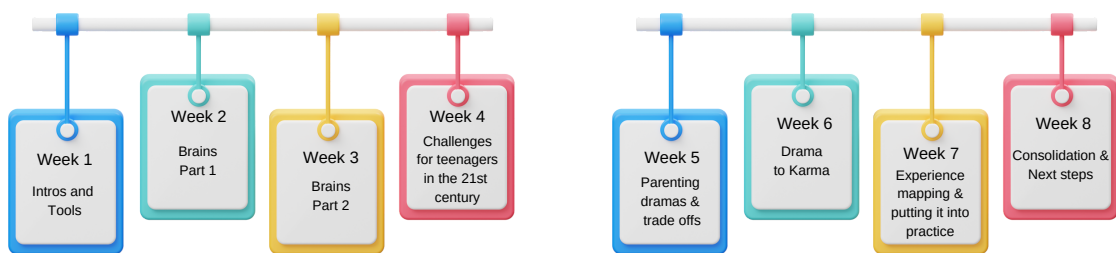


YOU First Insights programme for Parents in the 21st century

We offer a supportive programme tailored to the needs of parents, which covers topics such as effective communication, stress management, and healthy parenting strategies. Our course is designed to provide practical guidance to help parents create supportive and encouraging home environments. We also include information on understanding the teenage brain and ways to communicate. If you have any questions or would like to learn more about our parent's course, please contact us. We look forward to helping you become the best parent you can be!

What will you get?

Our 'You First' insights programme is designed to support parents of adolescents aged between 11 and 25. It provides a mixture of psychoeducation, coaching, parenting tools, a supportive listening space, and the opportunity to engage with a community of parents with similar lived experiences.



What have others said?

People that have attended have said it was much-needed support when trying to parent young people, some of whom have significant mental health difficulties, and have gone on to keep in touch and form their own support networks.

"I know how to parent, felt it was dotting the I's and crossing the T's but I've learnt so much"

"I liked that it was a small group, liked the refreshments, the visual stuff and that counselling is offered as part of the package"

"I came to learn how to support my young person but I've learnt so much about myself"

When does it happen?

You can attend either the Thursday morning course (09:30 - 11:30) or the Thursday evening course(18:30 - 20:30). It is delivered over 8 weeks. These are both start on Thursday **11th of May 2023**.

1. Week 1 - Intros and tools
2. Week 2 - Brains Part 1
3. Week 3 - Brains Part 2
4. Week 4 - Challenges for teenagers
5. Week 5 - Parenting dramas
6. Week 6 - Drama to Karma
7. Week 7 - Experience mapping
8. Week 8 - Consolidation & next steps

There will also be 2 more courses starting on Thursday 5th October 2023.

Where does it happen?

Leigh Park Community Centre.

What do I need to do next?

You can **self-refer** for the course via the OTR website **www.otr-south.org.uk** and someone will be in touch. If you need more information then you can make contact by phone **023 9247 4724** or by **email to yofirst@otr-south.org.uk**