

**The Mental Health Support Team invites you to book your place in…**

**SPACE - Supporting Parents and Children Emotionally**

SPACE is a new **free** programme for **any parent** who wants to better understand and support their children's emotions, as well as their own. Each session will last for 2 hours. The sessions will run at St Austell Family Hub, Woodland Road, St Austell, PL25 4RA.

This 5-session programme will cover:

* Managing different emotions
* Healthy coping strategies for dealing with stress
* Understanding what is meant by a Trauma Informed approach
* Understanding toxic stress and the flight/fight response
* Practical approaches to support children to regulate their emotions
* Understanding behaviour
* Building resilience in parents and children
* Adopting appropriate expectations of children
* Enhancing the parents’ ability to provide nurturing care

SPACE will run as a small supportive group of 6 – 16 participants and will be facilitated by Education Mental Health Practitioners Bev, Jenine and Jane.

Due to group size restrictions, places will be on a first come, first served basis. A waitlist will be created any additional sign ups.

**To request a place please complete**

**the online form:** [**https://forms.office.com/e/dSArkS1vAf**](https://forms.office.com/e/dSArkS1vAf)

**Booking deadline: Monday 30th October**

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| **Where: St Austell Family Hub** |
| Session 1 | 2nd November 09:15-11:15 |
| Session 2 | 9th November 09:15-11:15 |
| Session 3 | 16th November 09:15-11:15 |
| Session 4 | 30th November 09:15-11:15 |
| Session 5 | 7th December 09:15-11:15 |

**Commitment to all 5 sessions of the programme is expected.**