

South Ribble Group Offer

Children and Family Wellbeing Service

What we have to offer:

A range of free
0-19 groups
including groups
for parents!

We are here for every
member of the family!



SCAN ME



CALL NOW
01772 532932

**JOIN
NOW**

FOR MORE INFO VISIT NOW
www.lancashire.gov.uk



About our groups and services...

Baby and you

Baby & You

For babies new born until they are walking. Over an 8 week period we will cover key subjects that are often a cause of worry to new parents. Safer Sleep, Development, ICON and much more

0-18 months

Baby Massage

Birth to crawling, to promote nurturing touch and early communication. This course can enhance the bonding & attachment between mother & baby.

0-6 months

Chat, Play, Read

Chat, Play & Read

This session is perfect for toddlers and pre-school aged children. The session is fun and interactive and encourages your child's communication skills and development. Lots of play, singing and story time.

Babies are welcome but please be aware older children may present a hazard to your baby.

18 Months

Inside Out

A 6 week course for children who need support to build confidence and self-esteem. Or they may struggle with their emotions, affecting how they build friendships and treat people around them.

We deliver sessions separately for children in KS1 and KS2. These sessions are delivered in centres after school 4-5 pm. Call us if you wish to discuss this course.

KS1 & KS2

Freedom for Children

An 8 week course for children aged 4-11yrs. Helping children to understand what is and isn't abusive behaviour. This course is for children who have experienced abuse in their family home. Children are taught about healthy and unhealthy relationships. The course is run in small groups in our centres.

KS1 & KS2

Healthy Relationships

This is a programme for couples who are experiencing challenging times in their relationship and are struggling to communicate positively. The programme is delivered over six sessions

Triple P Parenting Programme

Triple P doesn't tell you how to parent. It's more like a toolbox of ideas. You choose the strategies you need and the way you want to use them. It's all about making Triple P work for you. By parenting in a positive way you will learn how to manage poor behaviour. Your children will learn boundaries to help them develop calming techniques useful for their wellbeing.

Parents to Be

A free week course for expectant parents who have had their 20 week scan. The course will look at Safer Sleep, ICON—coping with crying, home safety, baby communication, early play and care of a new born.

Horizons

A 6 week course for parents who struggle with low mood, anxiety, low self-esteem or isolation. Through holistic methods we look at ways we can boost our wellbeing so that we can move forward to support ourselves. This course is delivered in our centres.

Freedom Programme

A supportive course for women to increase their confidence, feel empowered and make positive changes in their lives and relationships. Freedom helps women to identify signs of controlling and abusive behaviours. This course is delivered in our centres over 12 weeks.