

Cardiff Parenting Services & Partners currently offer:

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www.cardifffamilies.co.uk



Mellow Bumps for mums-to-be to help feel ready for the next step in your life

GroBrain

for expectant parents and parents with children aged 0-12 months



for parents with children aged 1-3 years

E-PAtS

for families raising a child 0-5 with

a learning and/or developmental

disability/complex global

developmental delay



for dads-to-be to help feel ready for the next step in your life

Playful Parenting

to understand the importance of play for your child's development 12 months -4 years

Parent Nurturing Programme

for parents of children under 12 years

Circle of Security

To enhance the bond and sense of security for parents and children 4 months to 8 years



a group for parents of children aged 5-18 with a diagnosis of Autism Spectrum Conditions

Talking Teens

for parents of pre-teens and teenagers aged 10 years and over

Teen Triple P

for parents of children aged 12-18 years

Enhanced Triple P

For parents experiencing stresses which are making being a parent more difficult. Options include managing stress, coping with emotions and/or communicating better with your partner

Parents Plus & Parents First

1:1 psychology-led parenting is available for parents with children aged 0-18 years

One Plus One Online Courses

Online Courses for you to complete independently at your own pace or we can support you

Flying Start Parenting

For parents/carers of children aged up to 3 years 11 months, living in a Flying Start postcode, there are additional groups available, specific for the early years:

• Your Baby is Amazing

Strengthening

Families

Programme 7-17

for parents and young people

aged 7-17 years

- Stay & Play
- Mini Talkers, Mini Explorers
- It's Child's Play
- Parents Plus Psychology-led Service
- @cardiffflyingstart
- @CardiffFlyingStart
- @CardiffFS



Parent Nurturing Programme tailored to the needs of parents of children with additional needs



with an additional need







