

Family Mental Fitness North East

Programme Overview Family Workshops



EYFS	KS1	KS2	KS3	FAMILIES
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Family Workshops & One-Off Resets are interactive wellbeing sessions designed to bring families together through creative projects, playful challenges, and shared emotional learning. Up to four families attend each session, which may involve art-making, board games, group storytelling, or wellbeing-themed quizzes—all focused on strengthening connection and emotional resilience. Each workshop offers a warm, inclusive atmosphere where families can explore emotional health, build shared memories, and take-home practical ideas to use again and again.

Purpose

To help families learn and practise wellbeing strategies in a fun, accessible way—encouraging communication, reflection, and community building through creative activities and games.

Impact

- Strengthened family bonds through joint problem-solving and creativity
- Improved confidence in recognising and supporting emotional needs
- New friendships and positive peer modelling between families
- Playful yet meaningful wellbeing tools to take home

Outcomes

- More positive interactions within family units
- Greater emotional literacy across both children and parents
- A deeper sense of community connection
- Increased use of wellbeing strategies at home

Example Session Structure

- Welcome & Warm-Up Game: A light-hearted quiz or movement challenge to settle in and connect

- Main Activity: Families create a collaborative “Family Strengths Tree” using coloured leaves to represent things they’re proud of or do well together
 - Community Sharing: Optional opportunity to share creations or thoughts with the group
 - Take-Home Tools: Each family receives a “connection activity” card to encourage continued bonding and reflection at home
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Group Size

- Up to 4 families per session
 - All ages welcome
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Session Duration

10 × 60 sessions

Cost Per Session

Schools and Public Bodies: £19

Subsidised for families: £10

For Funders

Fully funded cost per 12-week programme: £2520

(£21 per user per session)

Fully Funded includes delivery by qualified practitioner, programme administration and evaluation reporting, in-session resources, venue hire, and take-home items.

Version: 1.0

Approved by: Director

Date: 19/08/25

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