

Interventions

(Sort of like lessons, everyone does them)

What is it and Who does it?

01 Healthy relationships

- Run by Vikki.
- Vikki is trained in the Own My Life and Recovery Toolkit

Examples of what you learn;

- ACES
- Positive communication
- Consent
- Resilience



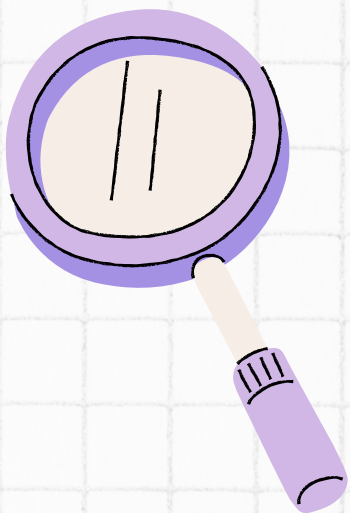
02

Adult Focused

- Run by Teacher Karen
- Karen used to be a teacher and is trained in the Incredible Years

Examples of what you learn;

- Home Safety
- Managing Health Needs
- Safe Sleeping
- Budgetting



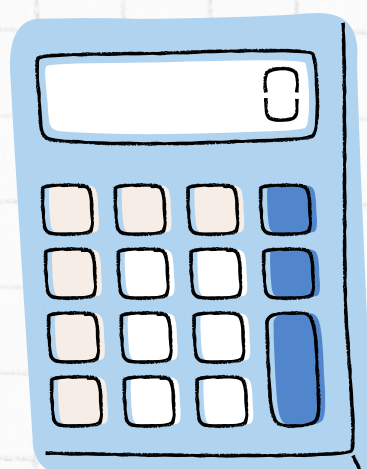
03

Domestic Abuse

- Run by Sasha
- Sasha is a Social Worker & Trained in the You and Me, Mum Program

Examples of what you learn;

- How Domestic Abuse affects your child
- Identify Domestic Abuse and red flags
- How to keep safe



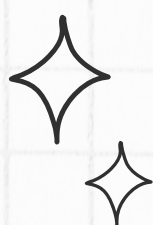
04

Incredible Years

- Run by Teacher Karen & Aimee
- Karen used to be a teacher and is trained in the Incredible Years
- Aimee is Incredible Years trained too and is a qualified childcare worker


Examples of what you learn;

- Child Development
- Parenting Techniques
- How to understand your baby or toddler





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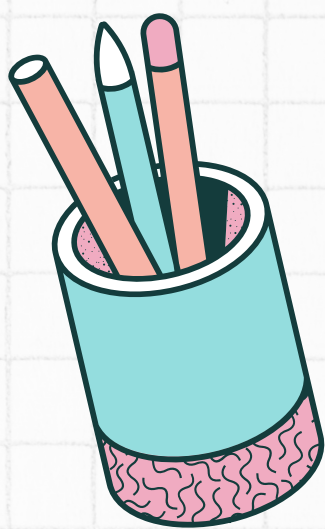
05

Nurturing Program

- Run by Charlene
- Charlene is a Trained Nurture Program Leader and is a qualified childcare worker

Examples of what you learn;

- Positive Parenting
- Self Awareness
- Positive Discipline



06

Own My Life

for People who complete the other programs first

- Run by Vikki or Emma
- Vikki is trained in the Own My Life and Recovery Toolkit
- Emma is a new Social Worker and trained in the program

Examples of what you learn;

- Self confidence
- Recovery after leaving Domestic Abuse

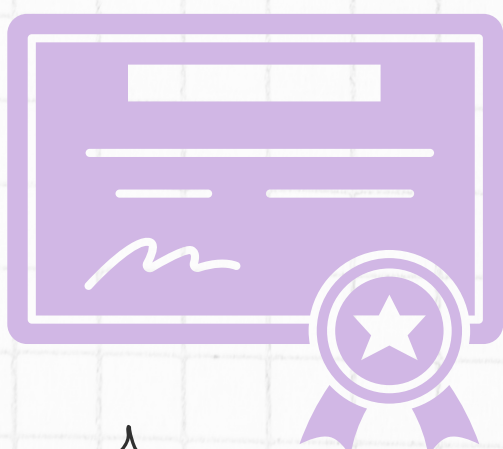
07

Emotional Wellbeing

- Hosted By The Night Staff
- Self-help group to improve mental health

Examples of what you learn;

- Coping Strategies
- Positive Thinking
- Peer Support



08

Other

These are the main groups but we do lots of 1:1 support. Your key worker will do things like meal planning, budgeting, Support Planning, Coping with Crying- Anything you need really! We really want to help you learning everything you can to be the best parent you can be!