

**FAMILY LIVES**

**SERVICE information for PARENTS**

Family Lives are able to offer individual and group support services to both lone parents and to parents of children with SEN affected by the impact of Covid19. These services are now freely available to families living across all areas of Essex as part of the targeted well-being support grant funded by Essex County Council.

**Services available:**

* Parenting groups for Lone Parents
* Parenting groups for Parents of Children with SEN
* Individual support for Lone Parents
* Individual support for Parents of Children with SEN

**Parenting Groups**

Trained and accredited parenting facilitators deliver our 6-week online parenting groups to a maximum group capacity of 10 parents/carers using MS Teams. Programmes start Summer term 2021.

Each group content includes:

* **Bringing Up Children On Your Own** – this group aims to help lone parents learn how to communicate positively with their children, how to value their own needs, how to recognise the importance of children’s feelings and needs and how to acknowledge those needs
* **Bringing Up Confident Children for Parents of Children with SEN** – this group aims to help parents value their own needs, to be positive with their children and help them to handle their feelings, to understand their behaviour and manage difficult or challenging behaviour

**Individual support**

By phone or MS Teams. Each weekly session is 45 minutes and up to 6 sessions. The sessions are on the same day and at the same time each week.

Parents will be able to talk about any problems or worries concerning them and/their child/family. Our accredited and trained practitioner will help parents explore different ways of coping and managing difficult situations without any judgement or criticism and provide signposting to local support services that offer specialist advice, support and information as appropriate. Parents will have the opportunity to receive session notes after each session should they wish.

**Please note Family Lives services are confidential unless service users disclose a life-threatening situation or significant risk of harm to them, a child or vulnerable adult. In such an event, we will involve statutory agencies.**

**FAMILY LIVES – We build better family lives together**

Family Lives is a national charity providing family support. We know that parents want to do the best they can for their children, but family life sometimes can be difficult or stressful, no more so than during the current pandemic.

We encourage parents to see that asking for help is a sign of strength. There is no one right way to do things and we try to help empower parents to manage particular situations and difficulties more effectively.

We offer this support through a range of innovative free, flexible, responsive services – shaped by parents for parents. Our freely available online services include:

**Helpline** - confidential and free from landlines and most mobile networks. **0808 800 2222** for advice, information and support.

**Email support** on [askus@familylives.org.uk](mailto:askus@familylives.org.uk) or click on this [link](https://www.familylives.org.uk/how-we-can-help/online-chat/) to chat with our of online live chat workers.

Website [www.familylives.org.uk](http://www.familylives.org.uk) for a range of advice, information and resources