

## Healthy Mind: Parenting Programme.

Through a range of educational therapeutic interventions, the programme helps women to increase their emotional literacy and build the self-esteem and confidence they need to parent confidently.

### Who is it for?

Female parents and caregivers from BAME communities.

### What is it?

Through a range of educational therapeutic interventions, the programme helps women to increase their emotional literacy and build the self-esteem and confidence they need to parent confidently.

### What it involves?

With the support of trained facilitators, the programme empowers participants to explore issues surrounding mental health and wellbeing in a safe, non-judgemental space.

#### Topics covered include:

- Risk factors for poor mental health, and the relationship between mental and physical health, wellbeing and the resilience processes;
- Anxiety and panic attacks, including possible causes and how to access treatment and support;
- Recognising that changing levels of mental wellbeing are part of our normal life and the factors that can influence it positively and negatively;
- Tips for improving personal mental health and supporting family and friends.

### How long does it take?

Over the course of 10 weeks, women attend weekly two-hour workshops, with the option of an additional weekend residential course.

### What it achieves?

By the end of the programme, participants will be able to:

- Demonstrate how to solve problems or challenges relating to self-esteem;
- Make positive decisions consistent with their values;
- Identify symptoms, causes and where to seek help for anxiety, depression and other mental health issues;
- Understand different decision making processes and be able to make confident positive choices;
- Identify and nurture healthy, positive relationships;
- Develop strategies to stay safe, know where to seek help and how to support others who have experienced crime;
- Identify their own strengths and build personal resilience.