

## Just SMILE

Perinatal Support group for Mums, Dads and babies following a traumatic birth delivery including planned and unplanned C-Section.

## Just SHINE

Adolescent and Young Adult One to One Wellbeing Sessions (age 11-25). Sessions designed to support tweens, teenagers and young adults in a 'bottom up' way to develop a felt sense of safety, self-awareness, self-regulation and to explore aspects of cultivating emotional well-being.

## Just MOVE

Safe, fun and interactive group sessions to provide tools and techniques to support children & adolescents in achieving a state of physical and emotional wellbeing. Sessions can be delivered as individual workshops or as courses. Staff movement wellbeing sessions and workshops also available on request.



**Janine Proctor**

Accredited Early Attachment Practitioner

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Please like, follow and share our Facebook page [@justfamilycic](#) and contact us with referral information, for an informal chat or to discuss any of our support options further.



**HELLO from Just Family**



**Relax & Restore**

**Confidence Building**

**Resilience**

**Self-care & Self-worth**

**Emotional Literacy**

We just wanted to update you and share with you our current support offerings. We have recently been awarded funding so are able to offer our services **Free of Charge**.

Due to these **strange times**, we have seen an upsurge in **Mental Wellbeing** needs. Please **share** our offerings to colleagues and anyone you feel would **benefit from our support** at this time. We are a **fully registered** Community Interest Company, with all relevant training, qualifications, insurance and DBS checks. Our work is to **support** Perinatal, Maternal and Parent **Mental Wellbeing** this includes Mum, Dad, Carer and adoptive parents. As an organisation, we are fully aware of how Parents mental wellbeing can **impact on the family** as a whole and, therefore, pride ourselves on a whole family approach. Please see the services and support we offer. As the situation is forever changing please do **contact us** for the most up to date information.

**We can offer 1-1 support including baby & toddler accredited bonding programme**

This can take place in the home environment once risk assessment has been completed.

**1-1 support can take place, outdoors, walk & talk, task focused & daily tasks**

Weather permitting

**1-1 support can take place with support, small group support & social groups outside**

Weather permitting

We can offer advocacy service to anyone requiring assistance at pre & post-natal, hospital, midwife, health visitor or GP appointments. We can **tailor** our support to **meet the needs** of the individual & family, and we can also work in partnership with **professionals to support** and complement any psychological interventions. Bespoke 1:1 session for children who are **impacted** by parental mental health. Sessions are tailored to meet individual needs and are fun and interactive. These can take place at home or in the school environment. Interventions are **evaluated** using Rainbow evaluations and Strength and Difficulties questionnaire.



We accept self-referral. Our variety of groups are run by trained practitioners and volunteers that are here to help and promote emotional health and well-being ensuring a holistic whole family approach.

### **Just US**

Perinatal Support Group (Mums mental well-being) from bumps to 4 years, Peer support, Tea, Coffee, Snacks, guest speakers as well as pre/postnatal advocacy service.

### **Just DADS**

Perinatal Support Group (Dads mental well-being) Peer Support, advocacy service, Tea, Coffee, snacks, chat, guest speakers.

### **Just ENOUGH**

For parents, carers and their babies, toddlers – Enjoy simple, gentle and playful activities to help build a strong relationship with your little one.