

What to expect at parent peer support group

Our parent peer support group is aimed towards any parent of a child, either in the latter stages of primary school or in secondary school.

Is your child experiencing mental health problems in areas such as anxiety, stress, low mood, self esteem/worth confidence, self harm and body image? Are you struggling to help your child manage?

Our group could be the help and support you have been looking for.

The group is run by one of our Inspire counsellors who has specialised in working with children and young people, helping parents understand some of their children's worries, concerns and behaviours.

Our group aims to offer a space to find strategies and tools to help parents support their children in managing their own mental health concerns. We provide parents somewhere to talk about, explore, share and find helpful support in the group where they do not feel judged or that they are doing something wrong.

Peer support is an agreed confidential setting outlined at the start of each group. What is discussed in the group stays in the group.



We also offer

1-2-1 COUNSELLING

Our 1-2-1 sessions take place with our trained counsellors. Who are here to listen to your lived experience and offer support to you in exploring your journey.

MENTOR

If you are struggling to get back on track and feel you need something more than our peer support group but counselling would be too much you could access one of our mentors who will support you in looking at getting your health and wellbeing where you want it to be.

This group may not be suitable for more specific areas of parenting such as

Complex disabilities
developmental disabilities
neurodiversity

please see some helpful links below

theautismteam@cheshireeast.gov.uk
01270685960

CHaPS
<https://www.cheshireautism.org.uk>
03448508607

Autism inclusive
<https://www.aicrewe.org.uk/>
01270214859

Changing faces
<https://www.changingfaces.org.uk/>
03000120275

OUR OTHER PEER SUPPORT GROUPS

INFANT LOSS PEER SUPPORT

We now offer a monthly peer support group for those who have experienced infant loss. It is a safe confidential space. You may wish to share your story, or listen to others.

BIRTH TRAUMA PEER SUPPORT

Unfortunately, however much we plan, our babies' births can still be a traumatic time. If you would like to join a group with women who have similar experiences please come to our monthly support group.

CONTACT DETAILS

Email

ginette@motherwellcheshirecio.com
or
referrals@motherwellcheshirecio.com

Telephone

Ginette - 07496160938
or
Referrals number
01606 557666

The group is free and runs on the last Monday of the month from 6.00pm to 8.00pm from our office at Beech Drive, Address below.

Current group dates are

Monday 25th July
No group in August
Monday 26th September
Monday 31st October
Monday 28th November
From 6.00pm to 8.00pm

Address:

54 - 64 Beech Drive
Crewe
CW2 8RG

DO YOU HAVE CHILDREN AGED 11 AND UP

Do you struggle to help your child manage their emotions, feelings and behaviours?

Is your child struggling with their own mental health problems?

Do you sometimes feel alone, isolated or that you are not doing a good enough job?

Why not come along to our parent peer support group? A place to talk, share, and explore with other parents in similar situations.



PARENT PEER SUPPORT



SUPPORTING YOU TO SUPPORT YOUR CHILD

Registered Charity
1173554