

The FAB Course: Feelings Affect Behaviour!

A free parenting course now on ZOOM

- Understand the link between feelings and behaviour
- Tools to deal with your child's anger
- Healthy ways to express emotions
- Celebrating the positive
- Improving self-esteem

Fridays
9.30AM TO 10.30AM
24/02/2023 TO 31/03/2023

For 6 weeks: a shorter
introduction followed by
5 weekly ZOOM sessions
and YouTube videos



To book a place or find
out more contact us at:

info@sfrust.org.uk



Strengthening Families



A **FREE** course for families
Online via ZOOM

Mums, dads and carers participate together with
one of their children who must be aged 10-14 years

Get some helpful tips to strengthen your relationship with your child!



Explore subjects together such as:

- Setting loving limits
- Making house rules
- Encouraging positive behaviour
- Using consequences
- Building bridges
- Communicating when you don't agree

Course materials and snacks will be sent to your home!

An 8 week course starting on 25th January 2023
Wednesdays 6.30 – 8.30pm on Zoom

25th Jan and 1st, 8th, 22nd Feb and 1st, 8th, 15th & 22nd March

Book a place on the course by emailing us on info@sfrust.org.uk



PARENTING CHILDREN WITH ADHD

FREE!

A new 8-week online course for
parents/carers of children with ADHD

8 sessions designed to:

- understand more about ADHD
- channel your child's energy
- improve their self-esteem
- meet their emotional needs and coping with feelings
- boost your parent/child relationship
- use effective discipline
- tips for home, school and the wider family

Via ZOOM on Monday evenings
From 23/01/23 to 20/03/22 - 7-9pm
for 8 weekly sessions (term-time only)

BOOK BY EMAILING US AT:
info@sfrust.org.uk



PARENTING CHILDREN WITH ASD

FREE!

A new 8-week online course for
parents/carers of children with ASD

8 sessions designed to:

- understanding more about ASD
- working with your child's unique personality and abilities
- helping your child with issues of communication and social interaction
- meeting the emotional needs of your child
- handling special interests and repetitive behaviour
- dealing with oppositional behaviour using practical strategies
- tips for home, school and the wider family

Via ZOOM on Wednesdays
From 25/01/23 to 22/03/23 - 9.30-11.30am
for 8 weekly sessions (term-time only)

BOOK BY EMAILING US AT:
info@sfrust.org.uk



For parents/carers and their children
aged 10-14 years

A nine week group programme

Breaking behaviour patterns such as:

- physical violence
- damage within the home environment
- stealing from family members
- threatening behaviour in the home
- attempting to control

Are you dealing with child to parent violence?

Get help at

Building Respectful Families

Where: 30 Brookvale Road, SO17 1QR

Dates: Tuesdays from 24th January 2023 until
28th March 2023 (excluding half term)

Time: 10am - 12pm

Drinks, snacks (and pizza for the kids) provided 

Referrals can be made via Yellow Door -
email info@yellowdoor.org.uk or
call 02380 636312



ACES Recovery Toolkit for Adults, Children and young People



- A 10 week programme for Mothers/carers who have experienced unhealthy relationships.
- Covering impact of trauma, building resilience, attachment and parenting, support networks, managing stress, child development, emotions and healthy relationships.
- A separate 8 week programme for their children (10-16 years) delivered by a trained practitioner.
- Covering keeping safe, managing stress and emotions, support networks, coping strategies, self-esteem, self-care and setting goals.

We are now taking referrals for our next programme:

Venue: 30 Brookvale Road, SO17 1QR

Date: January 2023

Time: 10am-12pm every Thursday

Please refer via our website www.yellowdoor.org.uk or on, 02380 636312



BRIGHT STARS GROUP

Bright stars was created to help provide a safe space for young people who have witnessed or/and experienced domestic abuse.

Domestic abuse can have a huge impact on a young person's life in many different ways.

Bright stars gives them a chance to meet others affected by domestic abuse and create a sense of shared identity and togetherness.

What happens in the group? The group meets weekly for 1 1/2 hours during term times and use a range of creative and interactive activities to explore and work on themes such as;

- ◆ What impact has domestic abuse had on our life
- ◆ Looking at identifying and maintaining healthy relationships,
- ◆ Empathy, consent, communication
- ◆ self-esteem
- ◆ emotional coping skills
- ◆ How has domestic abuse affected our thoughts & feelings about ourselves and how we view our relationships.

To book a place on any of the courses on this page of the leaflet, please contact Yellow Door on 02380 636312 or send referrals via their website: www.yellowdoor.org.uk

Gender Dysphoria Therapeutic Service

Service aiming to provide a safe and supported thinking space for Children, Young People and Families where a child or young person is experiencing confusion, distress or interpersonal difficulties related to gender.

For Southampton & Hampshire children aged 4-11 (School years R-6) Parents, carers and schools frequently and understandably struggle with how best to respond to a child presenting with gender distress. We provide between 1-6 therapeutic sessions (depending on need) where those involved can come together to consider how best the child can be supported with these difficulties.

For Southampton & Hampshire children aged 12-18 (School years 7 and up) We run a therapy group that meets on a Thursday 5.15-6.45pm during term time. Using our combined training in Art Therapy and talking therapies the two facilitators aim to engage young people in: -

- exploring gender identity / dysphoria - what it means and how it impacts
- exchanging ideas, opinions & experiences alongside others facing both similar and different challenges
- building communication skills & social confidence through getting support from and being helpful to others
- considering the many different ways of understanding & managing their difficulties - recognising unknowns, uncertainties and the potential for thoughts and feelings to change over time
- identifying, celebrating and building on their individual strengths