

FREE Sessions Available At The Plympton Hub

Free 1:1 & Couples Counselling

Sessions Available on Thursdays

Free Counselling sessions provided by our qualified counsellor—Naomi. These sessions are by appointment only.

Please contact Naomi directly on naomi@naominightingale.co.uk

AUTISM Ideas Exchange

Alternate Wednesdays 9:30am — 11.00am

Meet with fellow parents and carers of children with ASC in a relaxed, friendly and informal environment.

Share experiences, information and ideas. Facilitated by Caroline Snell, Autism Specialist Teacher.

TOTS to TIGERS

A positive, non-judgemental group to parents in helping their children's anxiety and behaviour.

Facilitated by Emily Cload & Mel Fry of CAMHS—Dates TBC

For more details please contact CAMHS on 01752 431601

EQUAL MINDS Carers Ideas Exchange

Every 3rd Monday of the Month 6:00pm — 7.30pm

An inclusive, supportive group for friends, family members and partners of people, with a mental health condition.

For more info information please contact Zoe May at equalmindsuk@gmail.com,



www.facebook.com/groups/equalminds

Plymouth DYSLEXIA Network Group

For information and advice on the signs and symptoms of Dyslexia, and the positive support that is available.

Please contact Specialist Dyslexia teacher—Sarah Baines of Exceed—sarah.exceed@icloud.com

FASDDAC Support Group

For all those affected by Foetal Alcohol Spectrum Disorders, as sufferers, carers and loved ones.

This is a group to discuss problems, exchange tips and raise awareness of this disorder.

For more information please contact Lee Harvey-Heath at ihh.fasd@gmail.com

Headspace - Joining Us Soon

A voice for Mental Health, supporting people with Mental Health, peer to peer evening drop in café for more information

please contact, via email headspace@colebrooksw.org or telephone 01752 563492

Primrose Foundation - Joining Us Soon

Breast care charity, supporting people with breast problems, helping make decisions regarding treatment plans and giving advice when needed. For more information please telephone 01752 432066



The Rees Centre, Mudge Way, Plympton, Plymouth, PL7 2PS

Telephone: 07533 747 794

Email: enquiries@plymptonhub.org

Website: www.plymptonhub.org

Registered Charity No. 1162674

Working together to improve the lives of families

UNDERSTANDING ANXIETY

And how we support Children & Young People Workshop for Parents & Carers

Anxiety is what we feel when we are worried, tense or afraid – particularly about things that are about to happen, or which we think could happen in the future. **Anxiety is a natural human response** when we perceive that we are under threat. It can be experienced through our thoughts, feelings and physical sensations.

This **4 session workshop** will introduce participants to key concepts that help to understand anxiety and develop the means of supporting their child/young person struggling to manage their anxiety. These topics include:

- **What is anxiety? How does it appear?**
- **Why does it occur? How we can manage it ineffectively?**
- **How we can support our children when they are anxious?**
- **Practical ideas & interventions to use when children are suffering**
- **Resources & support for parents/carers**
- **Resources & support for the child experiencing anxiety**

Once explored, the parent/carers will have a deeper understanding of what anxiety is, and how children experience this emotion. We aim to help parents/carers to think creatively and supportively about how to support our children, and how to talk to our children in order to normalise the experience and help make it more manageable.

Tuesday's from 6-7:30pm at The Rees Centre
23rd & 30th of April - 7th & 14th of May

Friendly, informal environment – Refreshments provided

To book a place, or for more information please:

call: **07533 747 794**

or email: enquiries@plymptonhub.org



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