



**Family  
Wellbeing**



Family Wellbeing offers a range of workshops and programmes which are evidence informed and needs led.

The Service can provide:

- One Hour Sessions
- Two Hour Workshops
- 6 & 8 Week Programmes

Parenting NI's Family Wellbeing aims to help:

- Reduce parental stress
- Improve parental confidence
- Promote parental resilience
- Improve families emotional health & wellbeing
- Reduce the stigma for parents to accept & access support

Contact Rosie on [rosie.keaney@parentingni.org](mailto:rosie.keaney@parentingni.org)  
for more information, costs or to make a booking



ParentingNI

Supporting Emotional Wellbeing



Children's  
Emotional  
Health



Teen's  
Emotional  
Health



Parent's  
Emotional  
Health



Helping  
Children  
Manage  
Change



ParentingNI

# Understanding Your Child



Understanding  
Your Child's  
Development



Understanding  
Your Teen's  
Development



Improve my  
Relationship  
with my Teen



Sleep  
(0-5 Years)





## Supporting Working Mums



## Talking Tactics for Dads



## Worklife Balance



## Understanding Parenting Styles



Rules,  
Boundaries  
&  
Consequences



Promoting  
Positive  
Behaviour



Preventing  
Risk Taking  
Behaviour



Promoting  
Positive  
Body Image



Reducing  
Conflict in the  
Home



Promote Teen  
Independence



Raising Your  
Child's  
Self-Esteem



Promoting  
Resilience





## Results Day



## Keeping Your Child Safe Online



## Helping with Homework



## Coping with Christmas





# ParentingNI

## Programmes



### Parenting Apart

(6 week programme)  
Supporting parents in  
minimising the impact  
of separation on  
children



### Sink or Swim

(6 week programme)  
Supporting Parental  
Emotional Health &  
Wellbeing



### Walking on Eggs Shells

(8 week programme)  
Supporting parents  
experiencing child to  
parent violence to  
achieve a calmer  
violent free home



### Keeping Your Cool

(6 week programme)  
Supporting parents  
with the tools to  
recognise the  
triggers to their  
outbursts and  
manage their  
emotions



# ParentingNI

## Programmes



### Children's Challenging Behaviour

(6 week programme)  
Supporting parents to understand & manage children's challenging behaviour.



### STAR

(6 week programme)  
A joint parent & child programme to support the parent & child's relationship by improving communication with each other



### Fathers & Families

(6 week programme)  
Supporting dads to promote positive parenting skills



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[www.parentingni.org](http://www.parentingni.org)

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