

All Federation Parents



Following the success of our first few Adult Resilience groups, we are now thrilled to be able to offer a new group starting soon. Adult Resilience is a CBT based programme for building emotional confidence, resilience and coping skills for life. This is a 6 weeks group which offers hourly sessions for any parents or carers with children in our Federation. The new group is planned to run on Fridays from 9.30 till 11am in Short Heath, in the privacy of Fun Club/Hub premises. This is a great opportunity for adults to “have a break” for an hour in the week with a coffee (maybe even a biscuit or two!) and share experiences, learn about and practice relaxation and mindfulness techniques, positive thinking and confidence to feel happy and balanced. Here is what our previous participants have written about the group:

“Very informative. It has taught me so much. Very recommended.”

“Helpful, inspiring and enlightening”

“Helped me learn new ways to relax and mindful”

“Taught me to self meditate. I have been sleeping much better, and feel calmer. It has also given me lots of tips on how to deal with tough situations”

“Has helped me, it had taught me techniques to use at home now with my son. Its helped with confidence in a group.”

“It was good for me and would really like to be able to do this again or something similar”

If you are interested, please contact Pav Holles or/and Justine Jackman who are facilitating this group and would love to hear from you! Places are being taken already so do make the call!