

Bolton

Together

Parent Peer Support Overview

Bolton Together offers some wonderful parenting peer support groups for parents/carers of children any age. These groups are aimed at parents and carers of children who are experiencing mental or emotional health difficulties. They are also a great way to meet with other parents and members of the community to discuss experiences. Some brief information about what these groups offer is below.

Breaking Barriers – Peer Support for Parents/Carers Of Children With SEND

Breaking Barriers is a charity that works with children and young people with SEND. Breaking Barriers peer support gathers groups of parents/carers of children with SEND and can offer support and advice and signpost to useful information.

During non-term time please check the calendar on www.breakingbarriersnw.com as these dates and times can change.

Contact

breakbarriers3@gmail.com

07717 434 840

Location

Tuesdays 5-6:30pm

Thursdays 10-12:30

Breaking Barriers North West café, upper ground floor of Market Place (next to TUI).



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MHIST – Bounce Back

A 6 week course looking at how Positive Psychology can boost family mental wellbeing. Particularly useful for parents/carers looking at ways to support their own and their child's mental wellbeing. Each week will introduce a new topic from Positive Psychology research.



Contact

Christine.makinson@mhist.co.uk

01204 527200

Location

MHIST 1st floor, Moorland house. 116 Bark street. Bolton, BL1 2AX

Raise The Youth – Parent Peer Support

One to one guidance and meeting with parent connectors who can support other parents. Also provides access to informal support groups to meet others and share experiences.

Nurturing Parents Mindfulness Programme

An 8-week course using mindfulness techniques to help support parents to cope better with stress and anxiety. Each week looks at a new topic including communication, stress, dealing with difficulties and much more. Also, an opportunity to meet other parents and share experiences.

Contact

07507 360305

parents@raisetheyouth.co.uk

01204 431946

office@raisetheyouth.co.uk



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How to Refer

Referrals can be made through our online link <https://bolton-together.org.uk/parent-peer-support-programme-referral-form/>. If possible, please include the name of the organisation that would be best suited for support in the 'Please provide a brief description of your situation *' box on the referral form.

You can contact the organisations directly to find out more information and arrange to attend the groups.

Alternatively, please contact ithrive@boltontgether.org.uk for more information.