

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](http://www.breakingbarriersnw.com) as these dates and times can change.

#### Contact

[breakbarriers3@gmail.com](mailto: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 – Mental Health Support Group

For parents and carers of children experiencing problems with their mental health. An opportunity to meet others and share experiences. Delivered by experienced facilitators.



### Contact

[Christine.makinson@mhist.co.uk](mailto:Christine.makinson@mhist.co.uk)

01204 527200

Groups will take place at different venues and times.

### Location

1<sup>st</sup> floor, Moorland house. 116 Bark street.  
Bolton, BL1 2AX

Sessions run every 4 weeks on Thursday,  
5-7pm.

## 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](mailto:parents@raisetheyouth.co.uk)

01204 431946

[office@raisetheyouth.co.uk](mailto: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](mailto:ithrive@boltontgether.org.uk) for more information.