

We know times are difficult right now for the families and young people (YP) you work with. CFF is still able to offer FREE support during the pandemic as our groups and workshops are now delivered on Zoom.

Please share this summary of our support with your colleagues.

Duty worker: 0116 2234254 centre@cffcharity.org.uk



Name of programme	Who it's for	How it helps	Format	How to refer
'Overcoming Anxiety' Group	YP 11-16 yrs CITY and COUNTY	Supports YP's to manage their anxiety and develop a better understanding of their triggers and how they can better manage it day to day.	Face to Face its x8 sessions, x2hour sessions, digitally its x8, x1 hour sessions.	Families themselves or professionals can complete a CFF referral form or call and speak to a duty worker, who will complete form over the phone.
'Positive Minds – Grounded' Group	YP 11-16 yrs CITY and COUNTY	Supports YP's to manage their mental health and develop a better understanding of how their mental health impacts on their relationships with others and how they can better manage their MH difficulties.	Face to Face its x8 sessions, x2hour sessions, digitally its x8, x1 hour sessions.	Families themselves or professionals can complete a CFF referral form or call and speak to a duty worker, who will complete form over the phone.
'Grounded' Group	YP 11-16 yrs CITY and COUNTY	Supports YP's who are struggling to manage their anger and frustrations , which is impacting on their relationships with others. Exploring tools to help improve communication and build better relationships with others.	Face to Face its x7 sessions, x2hour sessions, digitally its x6, x1 hour sessions.	Families themselves or professionals can complete a CFF referral form or call and speak to a duty worker, who will complete form over the phone.
'Managing My Anxiety' Workshop	YP 11-16 yrs CITY, COUNTY and RUTLAND	Supports YP's to better understand their anxiety and develop a better understanding of how they can manage difficulties and improve their wellbeing.	Digital x4, x1 hour sessions.	Families themselves or professionals can complete a CFF referral form or call and speak to a duty worker, who will complete form over the phone.

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'Managing My Mind' Workshop	YP 11-16 yrs CITY and COUNTY	Supports YP's to manage their mental health and develop a better understanding of how their mental health impacts their life. Developing skills that can improve their MH and wellbeing.	Digital x4, x1 hour sessions.	Families themselves or professionals can complete a CFF referral form or call and speak to a duty worker, who will complete form over the phone.
"Helping my anxious child"	Parents / carers and Young people 8 – 16 years. CITY, COUNTY and RUTLAND.	Supports parents / carers to better understand anxiety and how it affects children and young people. Time to explore a range of strategies to help young people better manage their anxiety.	Digital x1 90 min session for the parents / carers	Families themselves can complete an enquiry form on our website. https://www.cffcharity.org.uk/helping-my-anxious-child.html
Teen Parent Pathway	Teen parents and teen parents to be. CITY	A tailored service that could include support around <ul style="list-style-type: none"> - Relationships - Parenting - Benefits, debt and money management - Housing - Isolation - Low level mental health support 	Face to face – a package of support that can include 1 to 1 or group support. During Covid 19 restrictions – 1 to 1 telephone support.	Families themselves or professionals can complete a TPP referral form or call and speak to Kate, who will complete the form over the phone. 07704 973 230.

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Teen Bumps to Babies	Pregnant teenagers and their families. CITY	A series of interactive sessions especially for teens. Providing information and support around the following topics <ul style="list-style-type: none"> - Preparing to become a parent - Bonding and attachment - Labour and birth - Infant feeding - Emotional changes - Baby care 	Face to face – 4 x 2 hourly sessions Digitally – 6 x 75min sessions.	Teen parents to be, can book onto a set of sessions by calling or texting Kate on 07704 973 230. Professionals can book a family on in the same way.
Refresh sessions	Parents / carers CITY, COUNTY & RUTLAND	For parents/carers who have attended any of CFF's groups or workshops in the last 2 years and who are finding the pandemic is bringing some challenges: <ul style="list-style-type: none"> - Revisit strategies that work for parents and their families - Create a clear plan for change - Become more confident and less stressed - Start making positive changes quickly 	Digital 1x 90 min session	Select the date and sign up on our website https://www.cffcharity.org.uk/refresh-booking-form.html
Parenting in a Pandemic	Parents / carers of children aged 3-11 CITY & COUNTY	For parents/ carers who are struggling to manage their child's behaviour. Learn new parenting skills: <ul style="list-style-type: none"> - Find solutions which work best for you - Discover you are not the only one dealing with these problems - Become more confident and less stressed 	Digital 7 week programme of 1 hour sessions.	Families can call or text Henry on 07743321319 or professionals can complete a referral form. Waiting list for next programme starting Jan 2021