

SPACE

Supporting Parents And Children Emotionally

SPACE is an educational programme aimed at all adults to enable them to support children and young people who may be going through difficult times.

The programme is for any parent/carer who wants to understand why children misbehave the way they do and how as adults, we can support them.

This is for families who live in South East or Central Northumberland

For children aged 6+ years

Session	Aims
1	<ul style="list-style-type: none">• To make a safe space• To introduce the fight or flight response• To answer queries and concerns
2	<ul style="list-style-type: none">• To explore trauma and adverse childhood experiences (ACEs)• To explore how this impacts us as parents• To explore protective factors
3	<ul style="list-style-type: none">• Understanding behaviours• Understanding resilience
4	<ul style="list-style-type: none">• To provide information on child development• To increase understanding of appropriate expectations of children• To provide information on the impact of trauma on children• To provide information on nurturing children
5	<ul style="list-style-type: none">• To explore what healthy relationships are between adults• Managing difficult emotions our children might have

Upcoming Programmes

Programme 1

Week	Date	Time (pm)	Venue
1	Wednesday 21st June 2023	12:45– 2:45	Ashington
2	Wednesday 28th June 2023	12:45– 2:45	Ashington
3	Wednesday 5th July 2023	12:45– 2:45	Ashington
4	Wednesday 12th July 2023	12:45– 2:45	Ashington
5	Wednesday 19th July 2023	12:45– 2:45	Ashington

Programme 2

Week	Date	Time (pm)	Venue
1	Tuesday 20th June 2023	5:00-7:00	Online Teams
2	Tuesday 27th June 2023	5:00-7:00	Online Teams
3	Tuesday 4th July 2023	5:00-7:00	Online Teams
4	Tuesday 11th July 2023	5:00-7:00	Online Teams
5	18th July 2023	5:00-7:00	Online Teams

**To book a place, please scan the QR code
Complete the form, tick parenting 5 –19
then state you would like Space Programme
on the additional information**



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