

Decider Skills (5 weeks)

**Aimed at families with school age children.
A group to help individuals to recognise and identify
their own thoughts, feelings and behaviours.**

**The Decider Skills are Cognitive Behavioural Therapy
based and the sessions will teach a range of skills.
These skills support children, young people and families
to manage their own feelings, emotions and mental
health.**

**For further details or to make a referral, please contact
01539 734456 or south.lakeland@actionforchildren.org.uk**

Safe and happy childhood

Action for Children protects and supports children and young people, providing practical and emotional care and support, ensuring their voices are heard, and campaigning to bring lasting improvements to their lives.



For Resilience



**October 2021
Service Offer**

WORKING IN
PARTNERSHIP
WITH



Adult Toolkits (12 weeks)

Aimed at parents.

Adult Recovery Toolkit – a group which helps participants understand the impact of having experienced domestic abuse and the thinking patterns that can develop as a way of managing risk.

Adult ACES Toolkit – a group for any parent who has experienced adverse childhood experiences.

Sessions reinforce individual strengths, coping skills and resilience to support long term health and wellbeing.

Advice,
information
and support

Peer Support Groups

Set up in response to need.

An opportunity to meet others, share experiences and develop friendships. Sessions are initially led by Action for Children; including topical discussions, information and advice. Can continue as volunteer led peer support groups if needed.

Current groups include domestic abuse support groups.



Children's Toolkits (8 weeks)

Aimed at children and young people aged 7 upwards.

Children's Recovery Toolkit – a group for any young person that has witnessed or experienced domestic abuse.

Children's ACES Toolkit – a group for any young person that has experienced adverse childhood experiences.

Sessions focus on helping children come to terms with their experiences and develop a range of positive lifestyle and coping strategies.