

RAP

Risky Adolescents and Parents

RAP is a new project working with young people (aged between 11-17) who are engaging in risky self-harming behaviours and their parents/or carers. Young people and parents/carers attend separate workshop groups which have linked themes.

YOU ARE WELCOME TO ATTEND 'YOUR' WORKSHOP GROUP – EVEN IF YOUR TEEN OR PARENT/CARER DOESN'T WANT TO ATTEND THE PARTNER GROUP.

Young people and parents/carers are invited to join us for 4 workshops running on alternate Saturday's in Colchester (CO3 3DA).

Workshops will be interactive and fun – it's not the classroom! We acknowledge that these workshops may not stop young people from self-harming – but instead aim to show alternative ways to cope with stress, sadness, self-esteem issues, and the many issues facing young people today.

Young people's workshops will run on Saturday from 11.00 – 4.00pm

Saturday 16th June 2018: My teen self & my brain, Self-harm myths & realities

Saturday 30th June 2018: How do we listen & self esteem

Saturday 14th July 2018: Who am I, my inner circle and how do I manage tough times?

Saturday 28th July 2018: Managing the tough times (2) & moving forward

Parents/carers workshops will run on Saturday from 10.00 – 3.00pm

Saturday 9th June 2018 : Exploring What is Self-harm, Reasons, Risks

Saturday 23rd June 2018 : Understanding How to Listen and Raise Self-Esteem

Saturday 7th July 2018 : Managing Behaviour Within the Family Environment

Saturday 21st July 2018 : Coping Strategies for Parents

For more information and details please contact:

The Ministry of Parenting

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Or

Fill out a RAP form on our website

www.theministryofparenting.com