



FLASH

Families Learning
about *Self Harm*

Who is this course for? FLASH is a four-workshop programme for parent/carers of young people (11-17) who are self-harming. Young people may attend a separate programme called RAP to support their needs during this difficult time.

What is FLASH and what will I gain by attending? FLASH is part of the new RAP project, it aims to create better communication and personal relationships between parent/carers and young people. FLASH allows parents the opportunity to discuss the problem with people who understand and learn how to manage the concerns within your home. FLASH workshops are interactive and will cover 1. Exploring self-harm, Reasons & Risks, 2. Understanding how to listen and Raise Self Esteem. 3. Managing the Behaviour within the Family Environment. 4. Coping Strategies for Parents.

Where is this Course held? The workshop's will run in Colchester and Tendring.

When does this course start? Both FLASH & RAP (for young people) start in September 2018 and run on alternate Saturdays – contact us for details (see separate poster for RAP).

What do I do next? You can ring us on 01206 562626 to find out more or refer yourself by visiting www.theministryofparenting.com. At the top of the page click on Adolescents & Parents RAP. From the dropdown, menu choose 'referral form'. Download it and once completed send it back to us and we will get back to you with all the information you need. Send it to info@theministryofparenting.com and we will get in touch.

You are welcome to attend FLASH even if your young person doesn't want to attend the RAP workshops



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