



The RAP project was developed from listening to the voices of young people whose parents/carers were attending the Families Learning About Self Harm (FLASH) programme. In feedback from young people they asked why there wasn't a group for them?

RAP aims to create better listening and communication in personal relationships between young people and their parent/carer and provide both of you with tools for dealing with the impulse of self-harming and self-harm itself. In doing this we hope to reduce the emotional stress within your family and create more positive changes in behaviour from all those in your home.

Both RAP (young people) and FLASH (adults) are run as four Saturday workshops on alternate Saturdays. Although we would like to see parents/carers and young people both attend RAP & FLASH if one person doesn't want to attend we would still welcome and value the attendance of the other at their group.