

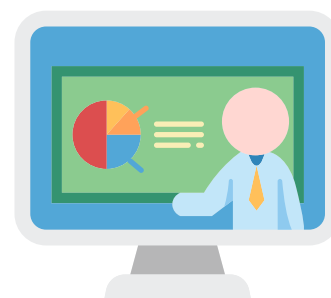
# Children's Centre Psychology: Helping Hands Outreach Support



We provide up to date and evidence based information that is specific to supporting children and young people with developmental delays or disability using a range of workshops and toolkits

## Parent/Carer Virtual Workshops

- Exploring Behaviours That Challenge
- Introduction to Sleep
- Supporting Children with Anxiety
- Supporting with Transitions
- Introduction to Sensory Processing (alongside our OT colleagues)
- Introduction to Communication (in production)





**Friendship**

Here are some ideas and strategies to help promote and support your child to develop skills important to friendships.

This toolkit was developed for parents and carers of a child with additional needs or developmental disability and can be useful for all children.

**All children are children first**



## Self-Help Toolkits

- Maintaining Your Strength
- Separation Anxiety
- Friendship
- My Book of Calm (for children & young people)
- Promoting Sleep in Children
- Supporting Anxious Children
- Supporting Your Child's Transitions
- Understanding and Managing Behaviours That Challenge
- A Dad's Journey

## Parent/Carer Counselling

Parenting a child with developmental delays or disabilities brings great joys and challenges. As part of our Helping Hands Outreach Support, we are pleased to be able to offer parent/carers 3-5 sessions with our Parent Counsellor to focus on your emotional wellbeing



In order to access any of these offers you can contact SPACE Wellbeing by visiting: <https://abbhealthiertogether.cymru.nhs.uk/health-for-young-people/mental-health-and-wellbeing/how-access-support-services-your-abuhb-area> or email: [ABB.HelpingHandsTeam@wales.nhs.uk](mailto:ABB.HelpingHandsTeam@wales.nhs.uk) for more information