

Raising children can sometimes be physically and emotionally draining and parents and carers need all the support they can get, but all too often parents don't seek it when they need it most.

We offer a range of courses to help support parents through testing times, helping them through the joys and challenges of being a parent.

TIME OUT FOR PARENTS

Handling Anger in the Family

This course helps you understand anger as a natural emotion, helping you handle anger safely using practical strategies and the idea of an anger river. It is designed with the help of parents to help you and your children deal with the ordinary, everyday anger that all families experience.



TIME OUT FOR PARENTS

Children with special needs (ASD/ADHD)

This course was written with the help of many parents of children with special or additional needs and aims to help you explore ideas and find out what works for you.



Parentalk

There's hardly a mum or dad on the face of the earth who, at times, is not overawed by the task of parenting. That's why Care for the Family created Parentalk, a great new parenting course for small groups of parents.



We offer a range of courses to support parents/carers through the highs and low of parenthood, including:

- ✓ Early Years
- ✓ Primary Years
- ✓ Teenage Years
- ✓ Dads
- ✓ Quiz in
- ✓ How to drug proof your kids

To discuss these, or any other New Era courses, call
01282 435302

positiveparenting



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Parents and carers



The Blossom Tree Project



Because all families should blossom



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New Era's Blossom Tree Project offers children and families **free** help in dealing with issues they find difficult to deal with themselves.

When you are going through difficult times it's sometimes hard to know where to turn. We can offer a helping hand to tackle all sorts of issues ranging from housing problems and debt, through to managing your child's behaviour or accessing training. Below are just a couple of examples of the ways we've been able to help local families.

Example one:

We supported one mum in opening the bills, final demands and debt envelopes that had been piling up and were able to help talk to her debtors, set up meetings and agree repayment plans so that she can begin to take control of her finances again.

Example two:

We helped a stretched dad make a claim for Disability Living Allowance. The forms had been too over-facing and he hadn't been able to apply for the money he was entitled to claim.



We offer **free** support and guidance on family issues including:

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| <ul style="list-style-type: none"> - Housing issues - Debt management - Disability claims - Form filling - Budgeting | <ul style="list-style-type: none"> - Managing children's behaviour - Anger issues - Children with special needs - ASD and ADHD | <ul style="list-style-type: none"> - Daily routines at home - General family issues - Accessing training |
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Don't allow small issues to turn into big problems, speak to one of our friendly, trained professionals who can offer advice and guidance, lend a listening ear and work through solutions with you to help you get things back on track.

