

We know times are difficult right now for the families and young people (YP) you work with. CFF is still able to offer FREE support during the pandemic as our groups and workshops are now delivered on Zoom.

Please share this summary of our support with your colleagues.

Duty worker: 0116 2234254 centre@cffcharity.org.uk



Name of programme	Who it's for	How it helps	Format	How to refer
'Overcoming Anxiety' Group	YP 11-16 yrs CITY and COUNTY	Supports YP's to manage their anxiety and develop a better understanding of their triggers and how they can better manage it day to day.	Face to Face its x8 sessions, x2hour sessions, digitally its x8, x1 hour sessions.	Families themselves or professionals can complete a CFF referral form which can be found on our website www.cffcharity.org.uk Or call and speak to a duty worker, who will complete form over the phone.
'Positive Minds – Grounded' Group	YP 11-16 yrs CITY and COUNTY	Supports YP's to manage their mental health and develop a better understanding of how their mental health impacts on their relationships with others and how they can better manage their MH difficulties.	Face to Face its x8 sessions, x2hour sessions, digitally its x8, x1 hour sessions.	Families themselves or professionals can complete a CFF referral form which can be found on our website www.cffcharity.org.uk Or call and speak to a duty worker, who will complete form over the phone.
'Grounded' Group	YP 11-16 yrs CITY and COUNTY	Supports YP's who are struggling to manage their anger and frustrations , which is impacting on their relationships with others. Exploring tools to help improve communication and build better relationships with others.	Face to Face its x7 sessions, x2hour sessions, digitally its x6, x1 hour sessions.	Families themselves or professionals can complete a CFF referral form which can be found on our website www.cffcharity.org.uk Or call and speak to a duty worker, who will complete form over the phone.
'Managing My Anxiety' Workshop	YP 11-16 yrs CITY, COUNTY and RUTLAND	Supports YP's to better understand their anxiety and develop a better understanding of how they can manage difficulties and improve their wellbeing.	Digital x4, x1 hour sessions.	Families themselves or professionals can complete a CFF referral form which can be found on our website www.cffcharity.org.uk Or call and speak to a duty worker, who will complete form over the phone.

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'Managing My Mind' Workshop	YP 11-16 yrs CITY and COUNTY	Supports YP's to manage their mental health and develop a better understanding of how their mental health impacts their life. Developing skills that can improve their MH and wellbeing.	Digital x4, x1 hour sessions.	Families themselves or professionals can complete a CFF referral form which can be found on our website www.cffcharity.org.uk Or call and speak to a duty worker, who will complete form over the phone.
Young Parents Starting Well	Parents aged 25 and under with a child under the age of 2. Living in the city.	Supports young parents of young children to get off to the best start possible. Exploring the role of a parent, strategies to cope with the difficult times and celebrating the good. Discussing self care, dealing with difficult feelings, anxiety and conflict and how to support babies' and children's learning and behaviour.	Digital sessions x 8, 1 hour 15 mins.	Families themselves or professionals can complete a CFF referral form which can be found on our website www.cffcharity.org.uk Or call and speak to a duty worker, who will complete form over the phone.
Teen Parent Pathway	Teen parents and teen parents to be. CITY	A tailored service that could include support around <ul style="list-style-type: none"> - Relationships - Parenting - Benefits, debt and money management - Housing - Isolation - Low level mental health support 	Face to face – a package of support that can include 1 to 1 or group support. During Covid 19 restrictions – 1 to 1 telephone support.	Families themselves or professionals can complete a CFF referral form which can be found on our website www.cffcharity.org.uk Or call and speak to Kate, who will complete the form over the phone. 07704 973 230.

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Teen Bumps to Babies	Pregnant teenagers and their families. CITY	A series of interactive sessions especially for teens. Providing information and support around the following topics <ul style="list-style-type: none"> - Preparing to become a parent - Bonding and attachment - Labour and birth - Infant feeding - Emotional changes - Baby care 	Face to face – 4 x 2 hourly sessions Digitally – 6 x 75min sessions.	Families themselves or professionals can complete a CFF referral form which can be found on our website www.cffcharity.org.uk Or call and speak to Kate, who will complete the form over the phone. 07704 973 230.
Living with Teenagers	Parents / carers of young people aged 11 – 16 in CITY & COUNTY	A safe, friendly and relaxed course for parents experiencing behaviour and communication difficulties with their teenagers. The group aims to recognise that parents are the real experts on their own teenager, whilst giving the opportunity to share experiences with other parents. We aim to support the development of skills in coping with, and managing teenager's behaviour.	Digital 6 week programme of 1 hour sessions	Families themselves or professionals can complete a CFF referral form which can be found on our website www.cffcharity.org.uk Or call and speak to a duty worker, who will complete form over the phone.
Supporting Your Anxious Child	Parents / carers of young people aged 11 – 16 in the CITY	A safe, friendly and relaxed course for parents whose young people are experiencing anxious feelings. Discussions to increase understanding of anxiety and how it may effect young people behaviour. Exploring the link between thoughts, feelings and behaviour and offering practical parenting strategies to enable parents to support their young people to overcome their anxiety.	Digital 6 week programme of 1, 15mins hour sessions.	Families themselves or professionals can complete a CFF referral form which can be found on our website www.cffcharity.org.uk Or call and speak to a duty worker, who will complete form over the phone.

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Fun and Families	Parents / carers of children aged 3 - 11 in the CITY	A safe friendly and relaxed course for parents to share similar difficulties to work together to solve problems. To increase understanding of how behaviour is learnt and why it repeats. Understanding children's "normal" behaviour & typical developmental stages. Helping parents understand how they can reduce unwanted behaviour and increase wanted behaviour.	Digital 6 week programme of 1, 15mins hour sessions.	Families themselves or professionals can complete a CFF referral form which can be found on our website www.cffcharity.org.uk Or call and speak to a duty worker, who will complete form over the phone.