# **Programmes**

Parenting can seem like the hardest job in the world, but you are not alone!



J.E.L.L.Y. Clubs

**Jersey Early Learning Literacy** 

For pre-nursery children with their parents & carers, helping to develop early literacy and numeric skills and to help children become confident and prepared for school. Enrolment is for one term, approximately 10 weeks during the school term and costs £40 a term.

Springfield School	Monday Babies
4-12 months	09.15am -10.15am
Elimrock	Monday Tots
12-24 months	10.00am –11.00am
Springfield School	Wednesday Mix
1-4 years	09.15am -10.15am
St. Martins School	Wednesday Mix
1-4 years	10.30am –11.30am
Bel Royal School	Wednesday Mix
4 months – 4 years	1.15pm—2.15pm
Rouge Bouillon School	Thursday Mix
1-4 years	09.30-0.30am
Plat Douet School	Friday Mix
1-4 years	09.00-10.00am



#### The Incredible Years

A programme for parents of 3- 10 year olds; a practical guide filled with examples of everyday problem situations and concerns, along with step-by-step suggestions on how to handle them.

Duration: 6 weeks. Cost:£50



# **Keeping Children in Mind**

A programme for parents/carers who are separating, separated or divorced, looking at how to do the best for your children during this difficult time and to take care of their own needs also.

Last Wednesday of every month 6:00 pm – 9:00 pm and
Last Friday of every month -

9:30 am - 12:30 am

Duration: 3 hours. Cost: £40



### **Blame My Brain**

Blame My Brain is a programme that aims to help parents/carers develop an understanding of their changing role as their child becomes a young adult.

Duration: 6 weeks. Cost:£50



**Circle of Security** 

A programme for parents/carers of 0-8 year old children looking at strengthening and supporting their parent-child relationship.

Duration: 8 weeks. Cost:£50

Free confidential consultations with a counsellor are also available . Book by phone.

Please contact us for dates, times, availability and prices\*

\* Please note you may be eligible for a voucher . To obtain it please contact us directly.

Telephone: 01534 449481

Email: parentingadmin@gov.je

## **Application form**

Course name	
Parent/Carer's name:	
Address	
Post Code	
Telephone number:	
E-mail address:	
Please note: You may be eligible for a voucher to obtain a free place on this course— please contact us for further information on 449481.	
I enclose a cheque payable to "Treasurer of the States"	
Funding approved	
Data Protection Fair Processing Statement:	
"Vour personal information has been collected by	

"Your personal information has been collected by Parenting Support Services for the purpose of administering your application for a course with us. Your information will not be passed on to any third parties without your prior consent"



Parenting Support Services work in partnership with Brighter Futures a local charity for families.

All of our workers are trained in, or are working towards a City and Guilds Level 3 Qualification in Working with Parents. Parenting programmes are research designed to meet parents specific needs and include elements from 'Incredible Years', 'Triple P' and 'Mellow Parenting'.

#### Please return forms to:

Parenting Support Service
The Bridge, Le Geyt Road
St Saviour, Jersey
JE2 7NT

For further information or to book 1.1 session, please contact the above address or:

Email: parentingadmin@gov.je

Telephone: 01534 449481

Visit: www.gov.je/parentsupport



Find us on Facebook



Family life is challenging, asking for help is a positive thing to do...



Families come in all shapes and sizes but at the end of the day it is the relationship that matters.

All programmes are designed to help families whatever the size or shape build positive relationship.

