



A 10-week parent support programme

Who is it for?

A group for parents and carers of young people aged 11-18 years' old who are exhibiting self-harming behaviour. Any adult involved with the child can attend the group, including step parents, grandparents and childminders. We welcome parents on their own or with their partners. FLASH is delivered by Therapeutic Coaches and Counsellors.

What does the course cover?

FLASH allows parents the opportunity to discuss their concerns with people who understand and learn skills to manage these concerns within the home. It will include:

- Exploring what self-harm is and what the risks are
- Listening and self-esteem enabling skills
- Managing self-harm within the family environment
- How self-harm impacts on parenting
- Ways to manage under stressful circumstances
- Coping strategies for parents and carers

Flash is a 10-week course, run weekly for two hours. We will provide snacks and refreshments.

'No cost for families within the HABS Partnership'

£50 per person for the 10 week course outside of the HABS Partnership.

Venue: Wormley Primary School, Cozens Lane East, Broxbourne, EN10 6QA
Tuesday Mornings 9:30am – 11:30am
22nd February 2022 – 3rd May 2022
(Excluding 12th of April)

If you would like to attend a group or for more information, please contact habsadmin@wormleyprimary.co.uk or call 01992 303331 opt 5

