

Cardiff Parenting Services

For families living in Cardiff with children aged 0-18 years of age

Cardiff Parenting Services are currently able to offer families:

GroBrain

for expectant parents and parents with children aged 0-12 months



Parents as Partners

for a parenting couple with at least one child aged under 11 years



Parent Nurturing Programme

for parents of children under 12 years



Strengthening Families Programme 10-14

for parents and young people aged 10-14 years



Talking Teens

for parents of pre-teens and teenagers aged 10 years and over



Enhanced Triple P

For parents experiencing stresses which are making being a parent more difficult. Options include managing stress, coping with emotions and/or communicating better with your partner



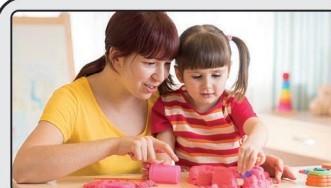
Teen Triple P

for parents of children aged 12-18 years



Parents Plus & Parents First

1:1 psychology-led bespoke parenting is available for parents with children aged 0-18 years



Flying Start Parenting

For parents/carers of children aged up to 3 years 11 months, living in a Flying Start postcode, there are additional groups available, specific for the early years:

Your Baby is Amazing
Stay & Play
Mini Talkers, Mini Explorers
It's Child's Play
Parents Plus

www.flyingstartcardiff.co.uk



To work with us, please call
Cardiff Family Gateway on **03000 133 133**



ContactFAS@Cardiff.gov.uk www.cardiffamilies.co.uk