

About Parent to Parent

Parent to Parent is a charitable Organisation that was established in 1988 by parents, for parents.

Our aims are to relieve the pressure on families caring for a child with an additional need and help them to cope with the difficulties they face. A team of experienced workers support parents on a 1:1 basis giving emotional support, advice about local services, help with behaviour management, techniques to relieve stress and anxiety and help to cope with the pressures of everyday life. The team also run peer support groups for parents and group courses on ways to reduce and manage stress and anxiety.



Parent To Parent

Ardler Clinic
Turnberry Ave
Dundee DD2 3TP



- ☎ 01382 817558
- ✉ admin@parent-to-parent.org
- @ www.parent-to-parent.org
- f Parent to Parent Tayside



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WELLBEING PROJECT



Parent to Parent Wellbeing Project

We are pleased to announce our new project supporting parents who are experiencing anxiety and mental health concerns and have a child who has, or is suspected of having, additional support needs.

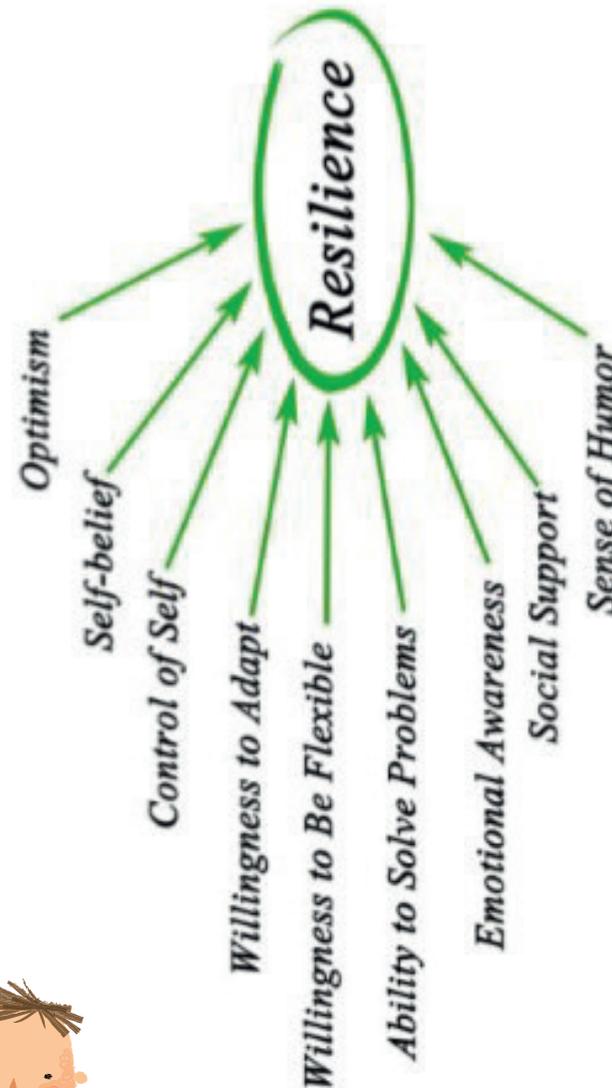


Strengthening community support networks, it will work in partnership with GP practices and local community venues.

The aim of the project is to support and give parents the skills to help them to understand and manage the stress and distress in their lives and that of their child.

These skills aim to help everyone in the family to recognise their own thoughts, feelings and behaviours, and help to monitor and manage their own emotions and mental health. It is also designed to help manage distress, regulate emotions, increase mindfulness and promote effective communication. The skills are grounded in Cognitive Behavioural Therapy (CBT) which has an impressive evidence base.

A dedicated worker will get to know parents and support and work alongside them in helping them to learn, understand and use the skills in daily life. The support can be on a 1:1 basis or within group workshops and in the longer term, linking parents into peer support networks within their local community.



How do I access this service?

Referrals can be made directly to Parent to Parent via our referral form which can be downloaded from our website:

@ www.parent-to-parent.org

✉ admin@parent-to-parent.org

☎ 01382 817558

or referrals can be made via any professional such as GP, Schools, Health Visitor etc.

(In Dundee FORT is available to make referrals)

What can I expect?

One of our Family Workers will contact you directly to arrange a time and date to meet with you. This could be at home, in a confidential space within a community venue or Medical Practice.

With their support you will be able to identify worries and difficulties and agree a plan to work through with them and feel more positive and in-control of your life, helping reduce isolation, increasing self-esteem and mental wellbeing.

