

# 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



### GroBrain Toddler

for parents with children aged 1-3 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](http://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](http://www.cardiffamilies.co.uk)