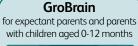


Cardiff Parenting Services

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



Cardiff Parenting Services are currently able to offer families:





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



Parent Nurturing
Programme



Strengthening Families Programme 10-14 for parents and young people aged



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



Toon Triple P

Talking Teens

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

Teen Triple P for parents of children aged 12-18 years



GroBrain Toddler for parents with children aged 1-3 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





Parents Plus & Parents First

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

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

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