

## Parent and Family Support



### Resilience for Parents and Families

At the Centre for Emotional Growth & Resilience (CEGR), we recognise that the relationships between children and the adults who care for them are essential for healthy emotional development and resilience. This means that as parents and key adults we are in the best position to help our children to:

- Feel good about themselves;
- Effectively manage their feelings;
- Deal with life's challenges;
- Form positive relationships;
- Make good decisions;
- Take responsibility for themselves;
- Develop independence.

## Challenges

When children and young people are in crisis it is the parents and key adults in their lives who are in the best place to support them. It can be challenging however to know how best to do this, especially when relationships are fragile, or the challenges are complicated.

## Our Services

We seek to empower parents and key adults to create, build and maintain relationships with their children and understand how they can best support them, even during the most challenging times. We offer the following services:

Individual support for parents:

- Individual consultation for parents;
- Equine therapy sessions.

Groups for Parents:

- Therapeutic groups for parents;
- Workshops for parents:
- Equine therapy sessions for parents.

Other services

- Equine therapy sessions for children (individual and group)
- Equine therapy sessions for families;
- Consultation and training for professionals and organisations.

## Key Benefits

- Activity based therapeutic support, including equine facilitated psychotherapy;
- Holistic and natural approach;
- Bespoke programmes offered to organisations, key adults and parents, families, children and young people;
- Programmes developed and managed by experienced, highly qualified and registered mental health practitioners;
- Tailored approach based on client need;
- Provides a powerful alternative to room based and talking therapies;
- Supporting clients to find their own solutions to fit their own unique circumstances.

## Outcomes

- Positive mental health and wellbeing;
- Personal development for both the key adults and the children in their care;
- Support for school placements and reducing the risk of exclusion.



Jenny Uppal (B.SC, PGCE, M.ED (Ed Psych), PhD, C. Psychol)  
Educational and Child Psychologist  
Accredited Equine Facilitated Psychotherapist  
Jenny.uppal@cegr.co.uk  
Tel: 07866 583664  
www.cegr.co.uk