



# Buttercups

## Information for Families

**Buttercups is a group-work based project in Carlisle and Eden, offering support for parents/carers with their emotional well being.**

**The group will give parents/carers the opportunity to explore issues that focus on mental and physical health and the well being of the whole family in a supportive setting.**





## **How will the group work?**

**There are three parts to the Buttercups group:**

### **Parents/carers and children together:**

Each week there will be time at the beginning and end of the group when children and parents/carers can play together.

### **Parents only:**

The parents will usually spend some time away from their children when, together with staff members, they can discuss issues arising within family life.

### **Children only:**

The children will spend some time playing with crèche workers whilst parents/carers are in the parents group—this allows them to develop their play skills and independence.



## Group content will include:

- Juggling needs within the family
- Managing stress
- Healthy lifestyles
- Relationships
- Managing children's behaviour and boundaries
- Assertiveness
- Play and stimulation
- Relaxation
- Moving on

*"I feel very accepted, valued and respected when I am in this group."*

*"I'm finding so many useful tools from the discussions. I really enjoy the group and look forward to it."*

## When and where?

The group will run from 10.00—11.30 am times and dates to be confirmed for 7-8 weeks

The group will be held at Carlisle West Children's Centre Wigton Road CA26JP and a crèche will be provided for pre-school children.





**Buttercups will be delivered by East Cumbria Family Support.**

**For more information about the group please contact:**

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**Or**

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