

## What parents say about our work...

## Contact Us



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"It was helpful to listen to other people in the group and hear their stories."

*Parent, group for parents who have experienced domestic violence*

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"Thank you very much for your original 'parentcraft course'. I felt great being listened to my concerns as a new mum, and I find your 'stepladder' model to be a useful tool indeed which helps me set realistic expectations of myself and my baby."

*Parent, parenting course*

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Please get in touch for more information about our services

### Just Psychology

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@Just\_Psychology

Just Psychology CIC

*Just Psychology CIC is a not-for-profit social enterprise.*

*We are a multidisciplinary group of professionals providing services to address the psychological and mental health needs of children, adults and families with particular emphasis on cultural diversity, cultural competence and social justice.*

# Trafford Sunrise

Supporting children with their emotional health and wellbeing



Information leaflet



# Trafford Sunrise

# What we offer



A new service has arrived in Trafford to support children with their emotional health and wellbeing.

Trafford Sunrise provides support for children aged 5-12 years in coping with stress, learning how to relax and promoting emotional wellbeing.

Trafford Sunrise supports parents in learning about their child's emotional wellbeing. Groups are available across the Trafford borough.

Trafford Sunrise also reaches out to local providers, such as community organisations, to provide training and resources to support the identification of children's emotional health and wellbeing problems and reduce stigma and discrimination.

## Children's groups

Children are able to access group sessions where they can develop their coping skills. This includes increasing emotional resilience, learning coping strategies, and increasing self-esteem and social engagement. The sessions are designed in line with the latest research surrounding children's emotional health and wellbeing.

## Individual sessions

Individual therapy sessions with children are available to those who may require extra support surrounding their emotional wellbeing.

## Mental health awareness sessions for professionals

Half-day training sessions are available to all professionals. You can also find out further information about our services.



## Parents' groups

Parents are invited to attend group sessions where they can obtain support using evidence-based parenting techniques. We focus on identifying emotional difficulties, supporting their children, and enhancing existing coping strategies.



## Parent coffee mornings

Drop-in coffee mornings are available for parents to talk and share ideas with other parents. You will be able to find out more about our service, and information about mental health and wellbeing.

