

# Mellow Growing Together

Parenting Group  
8 Weekly Sessions

PARENTS OF CHILDREN AGED 0-5Y



Mellow Growing Together provides an inclusive space where mums are supported to reflect on themselves and their relationships, share experiences, and grow together.

The group is informal, non-judgmental, and perfect space for navigating your children's new phase while taking care of yourself, build relationships, reflect, and find comfort knowing you're not alone. Mums are supported to notice, understand, and respond to their child's signals in a timely and loving manner.

***"You are not forced to share in the group, you are encouraged to only share what you are happy to share"***

***"I was terrified to start the group as I hate groups. However I very quickly settled in and I love coming to group and hearing the points of view of other parents."***



***"It was great to do it with parents like me, and the staff that took the programme were great."***

***"Don't overthink attending, just go!"***

Parents Voices, 2024