

# Mellow

all about relationships



Planning Resources  
to Deliver Mellow for Young  
People

# Our Programmes

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Mellow Parenting programmes are targeted and specialised preventative programmes that support families through a relational and strength-based approach.

By fostering nurturing parent-child interactions and addressing the unique needs of each family, they promote emotional wellbeing, build resilience, and strengthen family relationships.

Delivered in a safe, contained, inclusive environment, our programmes empower caregivers to reflect, grow, increase responsive caregiving and thrive, ensuring that support is holistic, respectful, and tailored to the lived experiences of the whole family.

We also aim to improve young people's mental health, wellbeing and confidence by supporting them to explore and build healthy relationships within a safe, supportive and nurturing setting.

# Planning Resources

To ensure its successful implementation, it is important to carefully plan for all the resources required to deliver the group effectively.

The following table provides an indication of the average staff hours typically needed for each programme. In addition, planners should consider the following:

- Venue and Transport for Participants
- Refreshments
- IT Equipment
- Arts and Crafts Materials
- Childcare (where appropriate)

These resources are essential to create a welcoming, inclusive, and well-organised group environment that supports participant engagement and positive outcomes.

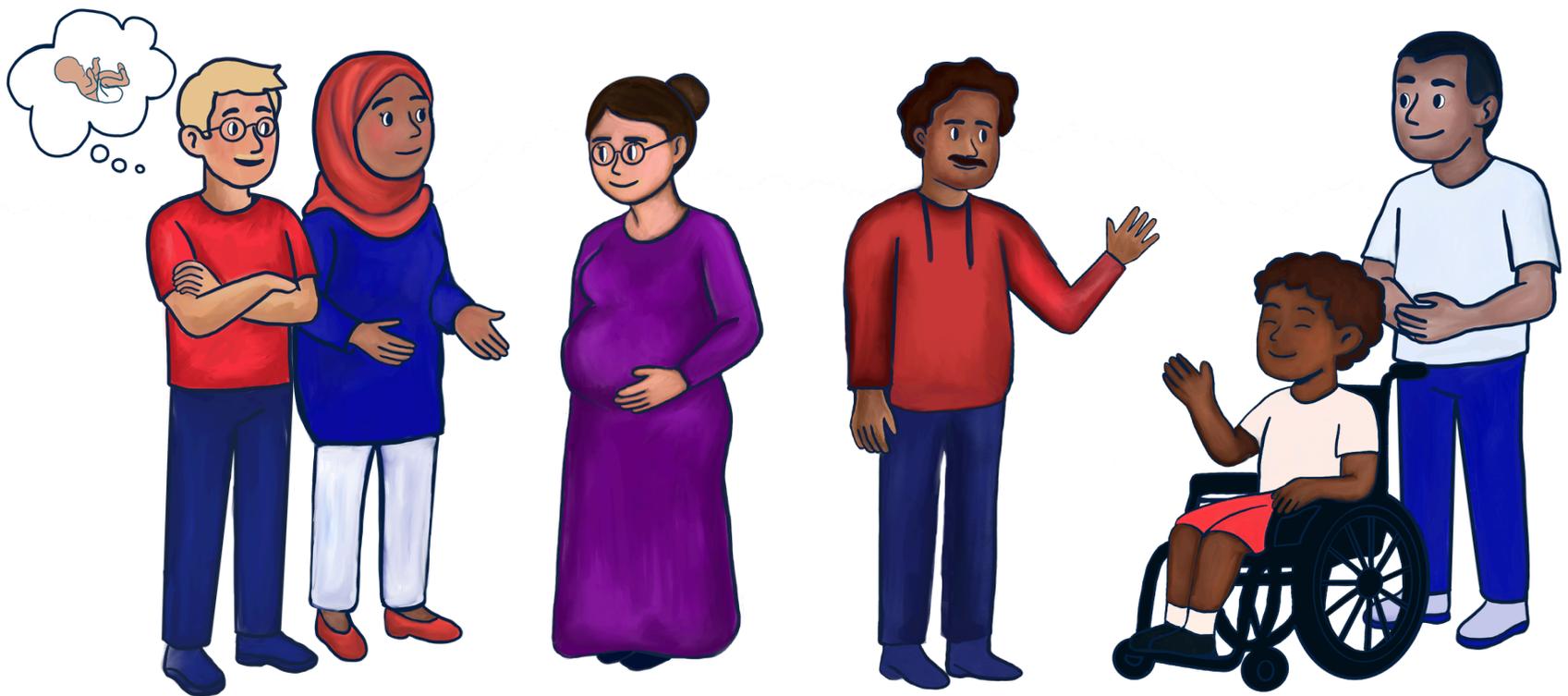
# Planning Resources: Average Staff Hours

	Mellow for Young People
Group Facilitators	2
Avg. Group Size	6-8
Recommended Pre-Group Prep. Time (in total)	12h
Group Sessions	12
Session Prep. & Debrief Time	1.5h
Session Length	2h
Facilitator Time (per participant)	54h
Staff Time (in total, per two facilitators)	108h
Childcare Required	No



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[www.mellowparenting.org](http://www.mellowparenting.org)



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