

### OUR PROGRAMMES

We're passionate about providing training and support that will help create a strong, confident and skilled workforce, equipped to support the families most in need.

#AllAboutRelationships



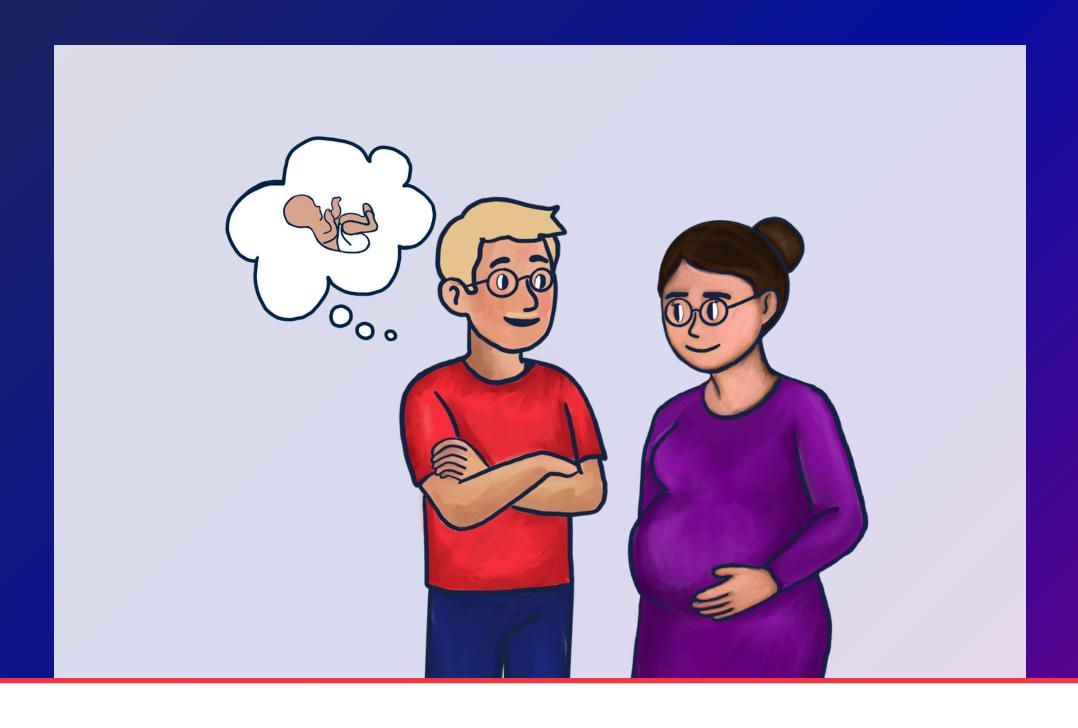
## Going Mellow

Supporting parents to reflect on themselves and their relationships, promoting interaction with their children, and providing video feedback while discussing positive parenting strategies, such as responsive caregiving.



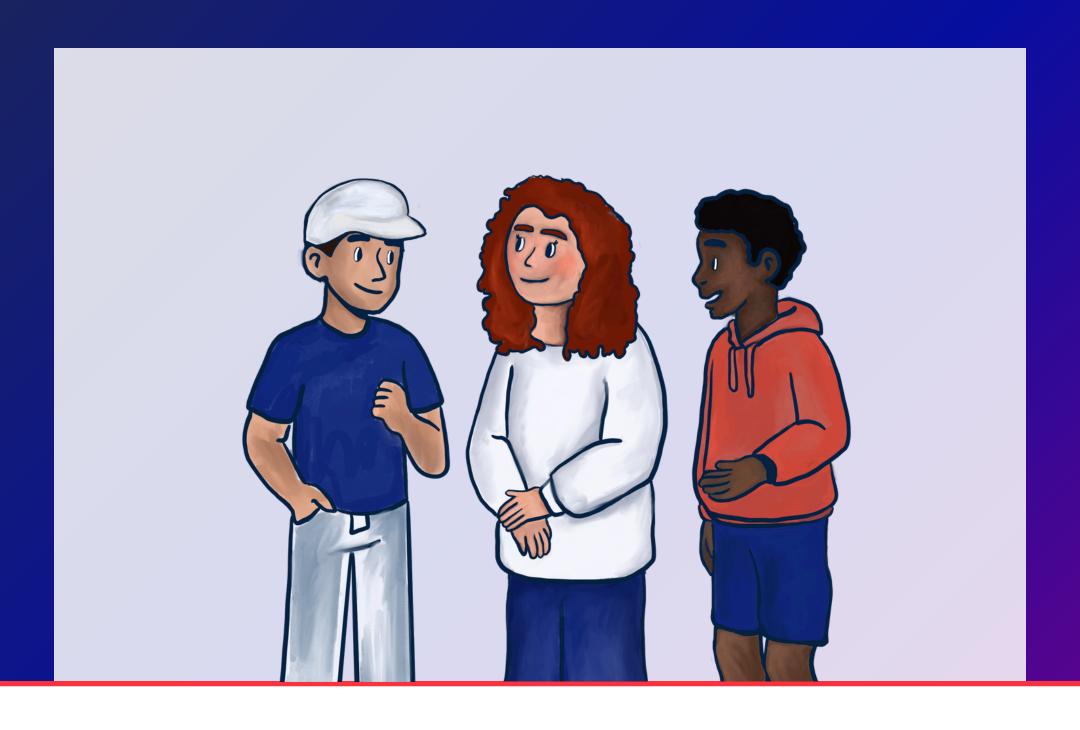
## Mellow Growing Together

Supporting parents to reflect on themselves and their relationships in a flexible setting, promoting interaction with their children, and providing video feedback while discussing positive strategies, such as responsive caregiving.



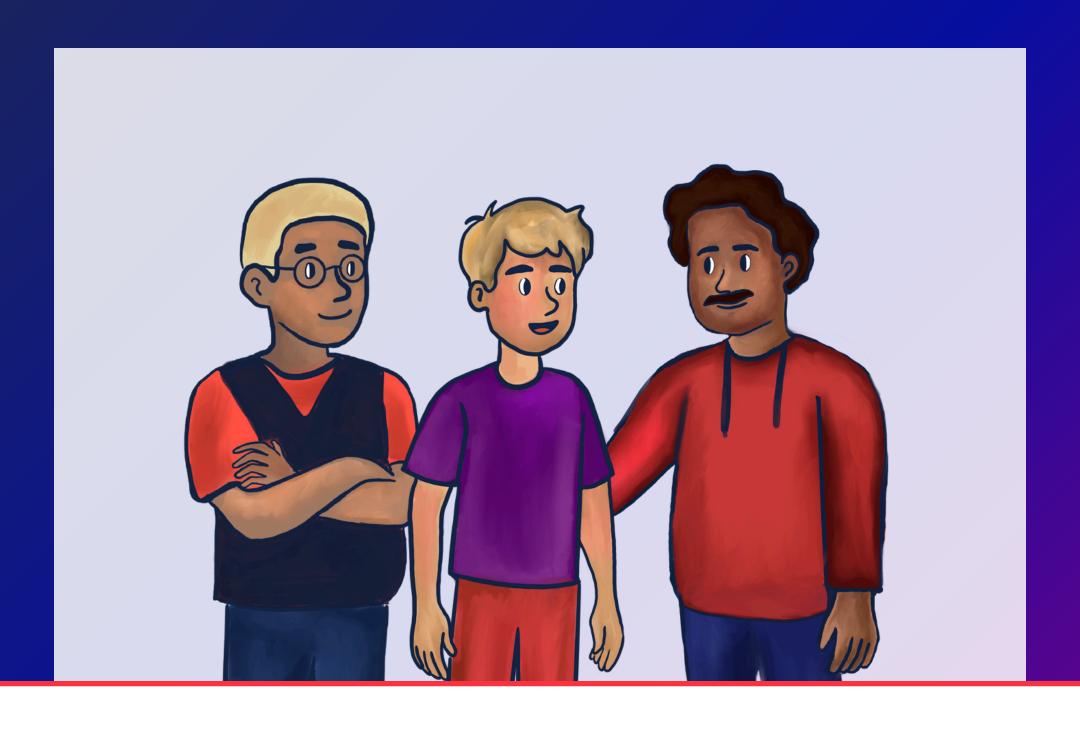
## Mellow Bumps and Dads-to-Be

Preparing parents-to-be to welcome their baby into the world. The focus is on promoting selfcare, fighting isolation, and providing a safe space to share experiences and boost parenting tool-kits and skills.



# Mellow for Young People

Improving young people's mental health, well-being and confidence by supporting them to explore and build healthy relationships within safe, supportive and nurturing group settings.



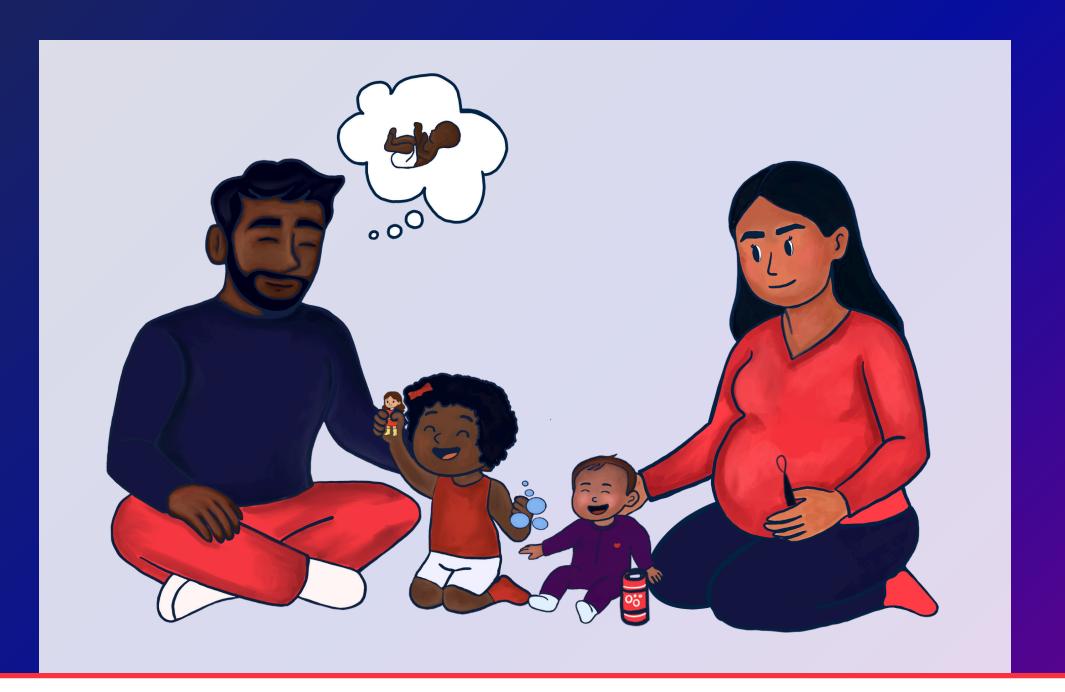
# Mellow Caring for Young People

A useful tool for parents and caregivers navigating adolescence. The programme focuses on decreasing isolation, and helping caregivers understand and strengthen their relationship with young people.



## Mellow Ability

Supporting parents and their children with additional needs to enjoy resilient, emotionally thriving lives. The focus is creating a safe space, reducing social isolation and pressure, and building stronger relationships to improve children's development.



#### Mellow Futures

Supporting parents parents learn what they can do to care for children and build parental skills. The early years are so important and we want to help parents give their children the best start in life.



#### Mellow Foundation Modules

Encouraging the development and upskilling of the workforce who provide support to parents is a key priority for Mellow to ensure that they feel equipped and supported to do their job to the best of their abilities. Each of our Foundation Modules focuses on strengthening solution-focused skills and tools to use with parents, carers and young people.