



Parenting Group 14 Weekly Sessions

PARENTS OF CHILDREN WITH LEARNING
DIFFERENCES AND ASN



Mellow Ability is a 14-week relationship-based programme created to support parents and their children with additional needs to enhance resilience, and social and emotional well-being.

The group aims to decrease social isolation by giving parents an inclusive space where they are supported to reflect on themselves and their relationships, share experiences, and create bonds with other families in similar situations and share their experiences.

Mellow Ability aims to:

- Reduce social isolation.
- Reduce stress and pressure in family.
- Improve social and emotional
- development of children with
- additional needs/learning differences.

“This has been the best course iv taken throughout my child's journey, beneficial to myself, my child and our family!”

Parents Voices, 2023

www.mellowparenting.org



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The programme helps parents understand and be with their children as they are. It encourages them to have hope and dreams for themselves and their children but also be proactive in shaping their children's future.

The group is informal, non-judgmental, and the perfect space for navigating your children's needs while taking care of yourself, building relationships, reflecting, and finding comfort in knowing you're not alone.

"This has been an incredible journey. I never thought I would learn so much from this. I never talked to my daughter before because she is non-verbal, now I realise how important that is."

Parents Voices, 2022

"It encouraged lots of good and genuine discussion for all parents. Felt like a very nurturing and safe environment. Would highly recommend it to other parents. Good making connections with other parents."

Parents Voices, 2022

