

WHAT'S ON

Read about upcoming Parent & Carer workshops and events



in Partnership with



“ A lot of the themes were familiar to me, but it was so helpful to revisit and refresh my understanding. Talking with informed people always brings new ideas and perspectives which are great to have. ”

FREE WORKSHOPS

For Parents & Carers in Argyll & Bute



**SIGN UP
FOR FREE**

exchange-counselling.com/argyll-the-parent-project

Flexible Support for You



Can I have Individual Support?

Yes, we offer tailored support, this can take the form of face to face or telephone sessions, depending on availability.

What Can the Workshops Help with?

Anxiety, Panic & Worries

Understand why and how children and young people experience anxiety. Learn how to spot the signs and gain practical strategies for supporting your child.

Neurodiversity- ADHD & Parent Self-care

Learn more about what neurodiversity is and help to understand your child's behaviour. Gain practical strategies to use in daily life. Connect with other parents and learn strategies for self-regulation and to build resilience.

Confidence & Self-esteem

Understand how self-esteem and confidence develop. Gain practical strategies for nurturing positive traits and enhancing inner strengths

Self-harm and Harming Others

Learn to recognise and understand harmful behaviours in your child. Gain practical strategies for supporting your child and skills for responding to harming behaviours.

Stress and Emotional Overload

Understand stress in children and young people. Learn to recognising when your child needs to regulate. Gain practical strategies for supporting healthy emotional regulation and skills for responding in stressful situations.

You Asked, We Listened



9:30am

Understanding Sleep in Children

For Parents & Carers



with Amy O'Hare-
Counsellor & Sleep Specialist

Sleep is something we all need, yet it is often taken for granted as something we should just be able to do. This isn't the case for everyone and there are factors that can contribute to disrupted sleep.

We will look at -

- The importance of sleep
- What the challenges are and why they happen
- How we can move towards more understanding and compassionate support
- Effective strategies

Understanding all of this isn't just about improving sleep, it is about improving quality of life, cognitive function, emotional regulation and overall well-being.



Helpful Answers

What is the Parent Project?

This project is here to support parents who are concerned about their child's well-being.

We offer expert advice and guidance to families who are worried about their young people, helping you navigate any challenges together.

How do I access support?

Once you fill out the sign-up form, you'll be able to access all the support options available. We'll ask for a few details about you and your family so we can provide the best possible support tailored to your needs.

What type of support is there?

We offer online and face-to-face workshops. You can also book wellbeing discussions or one-to-one sessions with our team.

Do I pay for support?

No, you don't need to worry about costs—thanks to funding from Argyll & Bute Council, all the support is completely free for parents and carers of children aged 4-18 living in Argyll & Bute.

Do you need much information?

The Parent Project, in partnership with the local authority, is here to help you find the support that's right for your family. We never share your personal information with anyone, but if we believe another service might be a better fit for your needs, we may suggest a referral to ensure you get the best possible help.

WHAT'S ON



Practical Strategies for Emotional Dysregulation

**Age
4-7**

11:30am



Practical Strategies for Emotional Dysregulation

**Age
8-11**

1:45pm



Practical Strategies for Helping your Anxious Child

**Age
8-11**

3:30pm



Techniques for Preventing Anxiety and Panic

**Age
12+**

9:30am

“ So interesting and there were a lot of things I hadn't thought of which I can do. Thank you so much for running these classes, they are very informative in a time when Google can be overwhelming! ”

PARENT FEEDBACK

WHAT'S ON



9:30am



5:30pm



12:30pm



4:00pm



5:00pm

**Practical Strategies for Helping your
Anxious Child**

Age
4-7

**Practical Strategies for Emotional
Dysregulation**

Age
8-11

**Practical Strategies for Emotional
Dysregulation**

Age
4-7

**NI: Introduction to Understanding and
Supporting Neurodiversity**

Age
4-18

IN PERSON – Dunoon Grammar

**Techniques for Preventing
Anxiety and Panic**

Age
12+

WHAT'S ON



NEW WORKSHOP

Understanding Sleep in Children

Age
4-11

IN PERSON – Taynult Primary School

Practical Strategies for Helping your Anxious Child

Age
4-11

Practical Strategies for Building Confidence & Self-esteem in Teenagers

Age
12+

Building Confidence & Self-esteem in Children

Age
12+



9:30am



3:30pm



4:00pm



3:00pm



SIGN UP FOR FREE

exchange-counselling.com/argyll-the-parent-project