

FAMILY COURSES AVAILABLE

A number of programmes have been commissioned by CTM Early Years Transformation Programme to support families with children aged 0-7 years.

Mums Matter is a 6 to 8 week programme for Mums with mild to moderate anxiety difficulties who have infants under 3 years of age. Creche facilities are included in some areas and referral can be self or professional referral.

For more information

contact Lynsey.Gray@ctmmind.org.uk or <https://ctmmind.org.uk/mental-health-prevention/mums-matter>

Dads Matter offers support to Dads from antenatal period onwards. Referral can be via self or professional referral. For more information, please contact Mjones@homestartcymru.org.uk.

The Exchange programme offers a wide range of programmes to support increased resilience in families with 2 to 7 year olds. Professional referral is through the website, <https://www.exchange-counselling.com/>. For more information on all of the programmes, contact danni1@exchange-counselling.wales

Play Therapy is available for children between 4 years and 7 years of age with professional referrals via:

Resilient Families - IAATeam@rctcbc.gov.

Early Help Hub, Bridgend - earlyhelp@bridgend.gov.uk

If you require any further information, please do not hesitate to get in touch,