

FREE Support for Parents & Carers

of children aged 4-18 living in Argyll & Bute



Supporting
Children, Young
People & Families



Wellbeing Support for Parents, Carers & Families

Workshops

Wellbeing Discussions

1-to-1 Support



03302 020 283

admin@exchange-counselling.co.uk

LOOKING FOR THE BEST WAY TO SUPPORT YOUR CHILD?



In partnership with **Argyll & Bute Council**, we are delighted to be able to offer FREE help for parents and carers in order for you to best support your child.

This might be in the form of workshops or other resources to allow you to better understand common issues and learn how you can help.

We are currently developing our range of Workshops and will soon be introducing new themes including; Neurodiversity, Support for Fathers and more...

Does your child struggle with emotional outbursts?
Looking for ways to help with hyperactivity?
Want to build up their belief in themselves?



AGE 4-7

Is your child struggling at school?
Does your child seem worried all the time?
Is your child acting out aggressively?
Is your child struggling to deal with their emotions?



AGE 8-11

Is your teenager having panic attacks?
Has your teenager self-harmed?
Is your teenager struggling with friendships?
Is your teenager experiencing exam stress?



AGE 12+

and more...

MORE WORKSHOPS COMING SOON...



WHAT IS EXCHANGE FAMILIES?

Exchange Families - Support for parents with concerns about the wellbeing of their children.

We provide specialist guidance to families worried about their young people.

For young people today pressures and worries, anxiety and isolation are increasingly getting in the way of having a positive and happy frame of mind allowing them to thrive.

Exchange-Families can help adults to help their families through workshops, resources, guidance and advice.

If you are a parent or carer of a young person you can access individual meetings to discuss your concerns and look at options for going forward.

There are workshops (in person or on-line) to look at problem areas for young people with practical strategies to help them: **anxiety, low self-esteem, obsessive worrying, self-harm, very low-mood, bereavement, family break-up.**

Read more about some of the sessions on offer.

“As a parent and a teacher, this has been extremely valuable. I can see how integrating strengths based language can boost my child's self-esteem and my own.”

PARENT FEEDBACK

89.5%

of parents reported an increase in knowledge about psychological wellbeing issues

100%

of parents reported improved strategies for supporting their child's psychological wellbeing

87%

of parents reported an increase in self-esteem about being a parent

100%

of parents said the session made a difference to them



Interested in support?

Visit or Scan the QR code

exchange-counselling.com/families

03302 020 283

admin@exchange-counselling.co.uk



Workshops - Age 4-7 or Age 8-11

ANXIETY

Practical Strategies for Helping your Anxious Child

Who is it for? Parents and carers of children aged 4-7 or 8-11 who are concerned with:

- Clinginess
- Shyness and withdrawal around other children and adults
- Complaints of a bad stomach/headaches when faced with challenges (with no physical/medical cause)
- Frequent nightmares
- Hyperactivity such as fidgeting

What can it help with?

- Understanding why and how children experience anxiety
- How to spot signs that your child might be anxious, rather than misbehaving.
- Practical strategies for supporting your child when they are anxious
- Skills for responding in anxious situations
- Resources for building up resilience

Duration: 1 Hour (online or in person)

STRESS

Managing Emotional Overload

Who is it for?

Parents and carers of children aged 4-7 or 8-11 who are concerned with:

- Aggressive verbal and physical behaviour
- Temper tantrums
- Hyperactivity
- Emotional outbursts
- Struggling to focus

What can it help with?

- Understanding stress in young children
- Recognising the signs of when your child needs to regulate
- Practical strategies for supporting healthy emotional regulation
- Skills for responding in stressful situations

Duration: 1 Hour (online or in person)

Workshops - Age 4-7 or Age 8-11

SELF-ESTEEM & CONFIDENCE

Promoting Confidence & Self-esteem in Young Children

Who is it for?

Parents and carers of children aged 4-7 or 8-11 who are concerned about:

- Making friends
- Nervous to try new things
- Difficulty handling mistakes
- Shy away from challenges
- Seeking constant reassurance

What can it help with?

- Understanding how self-esteem and confidence develop and the warning signs of low-self worth
- Practical strategies for nurturing positive traits
- Skills for enhancing inner strengths
- Techniques for building confidence and self-belief
- Resources for building up resilience

Duration: 1 Hour (online or in person)

SELF-HARM

Practical Strategies for Helping Children who Harm

Who is it for?

Parents and carers of children aged 4-7 or 8-11 who are concerned about:

- Anger outbursts
- Harming behaviours
- Withdrawal from peers or family
- Struggling to cope

What can it help with?

- Recognising and understanding harmful behaviours in your child
- Spotting signs of harmful behaviours
- Practical strategies for supporting your child
- Skills for responding to harming behaviours
- Resources for building up resilience

Duration: 1 Hour (online or in person)





Workshops - Age 12+

ANXIETY

Techniques for Preventing Anxiety and Panic

Who is it for?

Parents of teenagers who are concerned about:

- Over thinking
- Emotional outbursts
- Panic attacks
- Avoidance of social situations
- Frequent worries

What can it help with?

- Understanding why and how young people experience anxiety
- Practical strategies for supporting your teen through acute anxiety and panic attacks
- Skills for responding in anxious situations
- Resources for building up resilience

Duration: 1 Hour (online or in person)

SELF-ESTEEM & CONFIDENCE

Practical Strategies for Building Confidence & Self-esteem for Teenagers

Who is it for?

Parents of teenagers who are concerned about:

- Negative self-image
- Lack of ability to take on challenges and try new things
- A fear of failure
- Social isolation and friendship struggles

What can it help with?

- Understanding how self-esteem and confidence develop and the warning signs of low-self worth
- Practical strategies for nurturing positive traits
- Skills for enhancing inner strengths
- Techniques for building confidence and self-belief
- Resources for building up resilience

Duration: 1 Hour (online or in person)

Workshops – Age 12+

STRESS

Stress Management Techniques for Supporting Teens

Who is it for?

Parents of teenagers who are concerned about:

- Exam stress
- Lack of coping skills
- Emotional dysregulation
- Problem solving skills
- Dealing with conflict

What can it help with?

- Understanding the physiology and psychology of stress in teenagers
- Practical strategies for supporting healthy emotional regulation
- Skills for responding to a stressed teen
- Effective stress management techniques
- Resources for building up resilience

Duration: 1 Hour (online or in person)

SELF-HARM

What Parents can do when their Young Person is Self-harming

Who is it for?

Parents of teenagers who are concerned about:

- Harmful behaviours
- Thoughts of self-harm
- Lack of coping skills
- Emotional dysregulation

What can it help with?

- Understanding how self-esteem and confidence develop and the warning signs of low-self worth
- Practical strategies for nurturing positive traits
- Skills for enhancing inner strengths
- Techniques for building confidence and self-belief
- Resources for building up resilience

Duration: 1 Hour (online or in person)



“I was struggling with my son’s outbursts and didn’t know what to do. The sessions helped us put a better routine in place and learn how to understand how he feels.”

P A R E N T F E E D B A C K



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