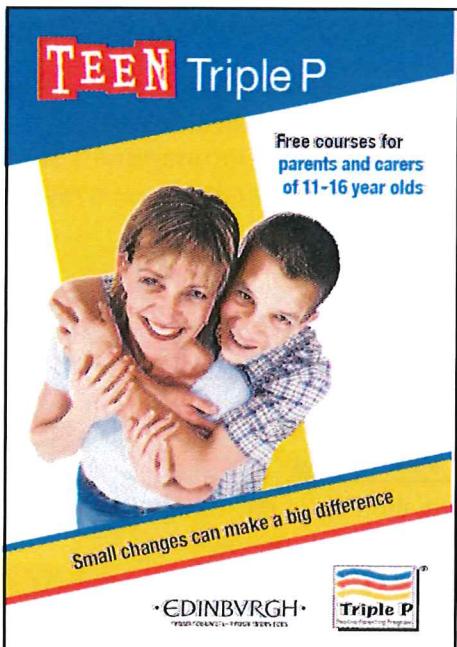


# Information for Parents and Carers of Pre Teens and Teenagers in Edinburgh

## Teen Triple P (Positive Parenting Programme)



This practical parenting programme can help parents/carers cope positively with some of the common issues associated with raising a teenager. The group and individual sessions give parents an opportunity to explore ways they can build a stronger relationship with their teenager, resolve conflict, manage problem behaviours and help their teen stay safe.

Programmes run throughout Edinburgh for parents, step parents and carers of teenagers 11-16yrs.

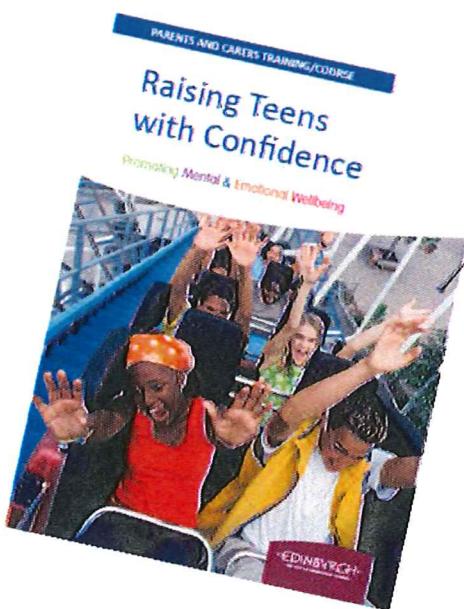
Find details of local groups on [www.joininedinburgh.org/parenting-programmes/teen-triple-p](http://www.joininedinburgh.org/parenting-programmes/teen-triple-p)

For more information or to request a place go to [www.edinburgh.gov.uk//teentriplep](http://www.edinburgh.gov.uk//teentriplep), email [supportingparentsandcarers@edinburgh.gov.uk](mailto:supportingparentsandcarers@edinburgh.gov.uk) or contact Jillian Hart on 07860 736129

## Raising Teens with Confidence

This 6 week course aims to help parents and carers understand how they can best support their teenage children to navigate increasing independence; develop confidence, security and resilience; and promote and benefit from emotional wellbeing. The latest research around what helps support emotional wellbeing throughout life is used. This includes adolescent brain development, risk taking behaviour, importance of communication and the effects of stress. This provides an opportunity to explore with other parents how the teenage years can be a time for the whole family to *'thrive rather than just survive'* (Siegel 2014)!

Courses run in some secondary schools and community venues, these are listed at [www.joininedinburgh.org/parenting-programmes/raising-teens-confidence](http://www.joininedinburgh.org/parenting-programmes/raising-teens-confidence) For more information contact the Mental Health and Wellbeing Team at [growingconfidence@edinburgh.gov.uk](mailto:growingconfidence@edinburgh.gov.uk)



# Support and Information Sessions

## Parent and Carer Information and Support Sessions on Young People's Emotional Wellbeing and Mental Health Issues

These informal information and support sessions are for parents and carers who are concerned about their pre teen or teenager's emotional wellbeing or mental health. The sessions are planned and delivered with the support of relevant organisations. Each session has a different topic focus such as anxiety, managing stress, depression and low mood, self harm, etc. The sessions also give parents and carers an opportunity to meet other parents and supportive professionals in a safe relaxed environment.



Parents and carers of 11-18 year olds from in and around Edinburgh are welcome to attend any of the sessions. For more information and details of future sessions visit [www.joininedinburgh.org/parenting-programmes/support-and-information-sessions/](http://www.joininedinburgh.org/parenting-programmes/support-and-information-sessions/) or contact Jillian Hart, Parent and Carer Support Development Officer on 07860 736129, email [jillian.hart@edinburgh.gov.uk](mailto:jillian.hart@edinburgh.gov.uk)

## Contacts

### Organisations and Websites

**Parentline Scotland:** Helpline providing support and information Tel: 0800 028 2233

**Parenting Across Scotland:** Info for all parents. [www.parentingacrossscotland.org](http://www.parentingacrossscotland.org)

**Cyrenians Amber:** Mediation and Support for 14-24 year olds and their families. Tel: 0131 475 2493  
[www.scottishconflictresolution.org.uk](http://www.scottishconflictresolution.org.uk)

**Moveon:** Mentoring and peer support service for young people. [www.moveon.org.uk](http://www.moveon.org.uk)

**YMCA plusone service:** Mentoring service for young people at risk of anti social or offending behaviour. Email: plusone@ymcaedinburgh.com Tel: 0131 553 7877

**Penumbra Self Harm Project:** Advice for all parents and carers and support for young people (16+) Tel: 0131 229 6262

**Young Minds:** Parent helpline. Information and advice on young people's emotional wellbeing and mental health. Tel: 0808 802 5544 [www.youngminds.org.uk](http://www.youngminds.org.uk)

**EDSPACE:** Edinburgh Mental Health information, services and courses: [www.edspace.org.uk](http://www.edspace.org.uk)

Details of the [\*\*Programmes, Activities and Groups\*\*](#) for Parents and Carers in each area of the city can be downloaded from [www.edinburgh.gov.uk/pacs](http://www.edinburgh.gov.uk/pacs)

All parenting programmes are listed on [www.joininedinburgh.org/parenting-programmes/](http://www.joininedinburgh.org/parenting-programmes/) these are continually updated when new groups are planned.

For more information on the support available for parents and carers in Edinburgh please email the Parent and Carer Support Team on [supportingparentsandcarers@edinburgh.gov.uk](mailto:supportingparentsandcarers@edinburgh.gov.uk)