

HAPPIER FAMILIES



The Happier Families programme aims to support families to learn about and try tips, skills, and tools that we can use to help increase how happy we all feel and to boost the wellbeing of individual members and the family as a whole and to improve the quality of the time they spend together. It's aims are to provide a toolkit to help participants:

- Explore ways to build their own and others' happiness
- Learn tips to try when struggling
- Build happier relationships
- Enjoy family time together more

Acceptance Awareness
Emotions Giving
Relating Resilience

six sessions, face to face or virtually



EMOTION COACHING

Emotion Coaching is an approach to support parents to help their children when they feel distressed. It works for the little things and the big things. It is a naturalistic parenting approach which has been observed in research to have a beneficial impact on children's emotional and physical health, their capacity for empathy and their social relationships.

We offer the programme in two different styles:

- A virtual group programme over 6 weeks in the evening, each session is around 50-60mins
- A one day group programme face to face
- Both are then followed with 3 x 1:1 coaching sessions

Both programmes are free of charge and available face to face or virtually - refer in through our website at www.youthworksnorthamptonshire.org.uk

For more information about either of these programmes please email sclarke@youthworksnorthamptonshire.org.uk or call 01536 518339