

Who is running the course?

The course is run by Growing Together. Growing Together is an NHS service in Islington offering psychological therapies to mums and dads with low mood or anxiety, and their children aged 1-5. It is for parents who want help for both themselves and their children.

How can I find out more and get onto the course?

If you are interested then please discuss this with any professional working with your family (e.g. GP, health visitor, nursery), who can refer you.

We will then contact you to arrange a meeting to discuss whether the course seems right for you. If it seems right, then you will be allocated a place on the course.

Working in partnership with Camden and Islington NHS Foundation Trust.

Patient advice and liaison service (PALS)

If you have a question, compliment, comment or concern please contact our PALS team on 020 7288 5551 or

whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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Growing Together
Support for Parents and Young Children

MindSkills

A course to learn skills to manage depression or anxiety

A parent's guide



Who is MindSkills for?

The group is for parents with children aged 1-5 years who experience low mood or anxiety, and live or have a GP in Islington.

What is the MindSkills Group?

This course aims to help parents with depression or anxiety. It offers you a chance to learn more about depression and anxiety and some skills to help you combat them. The course is based on cognitive behavioural therapy (CBT), which research shows is effective in helping with these problems.

The course is practical and the aim is to help you to develop skills to use in your day to day life. For that reason, it includes exercises to do during each session and between sessions, as well as helpful summary hand outs that you can keep.

How will the group work?

- We will cover a different topic each week. We will focus on the here and now and aim provide to you with tools to help you in your day-to-day lives.
- Group members will have space to ask questions and share ideas.
- You only need to share as much private or confidential information as you feel comfortable with in the group.

How long does the group run for?

We meet for 2 hours weekly for 6 weeks.

How many people will be in the group?

There will be a maximum of 12 parents on the course.

Is child care provided?

Children will be able to attend a crèche during the group

The course topics are:

- Understanding emotions
- Low mood – balancing activities
- Sleep, anxiety and worry
- Negative thinking
- Dealing with difficult situations
- Staying well

The next group will be held at:

Hornsey Road Children's Centre
8 Tiltman Place
Hornsey Road
London
N7 7EN.

On the following dates between 11.00am – 13.00pm:

- Tuesday 17th April 2018
- Tuesday 24th April 2018
- Tuesday 1st May 2018
- Tuesday 8th May 2018
- Tuesday 15th May 2018
- Tuesday 22nd May 2018