

**What support is available?**

**Adult Mental Health**
We can offer therapies to tackle common adult mental health issues like depression and anxiety, including CBT and other therapies. Therapy often involves understanding how the past influences you, as well as developing ideas for things you can do differently in the here-and-now. We offer a range of interventions and tailor the support we give to each individual family. Our team is made up of Clinical Psychologists, Child Psychotherapists and Family Therapists.

**Family Therapy**
This therapy believes that the way people interact with others, influences the way individuals think, act and feels about themselves and their difficulties. It focuses on relationships and ways that people in families interact in the present, and how this might be influenced by the family’s experiences, history and surroundings.

In Family Therapy we use talking and other ways of communicating. We may ask you to think about inviting a range of different people from the family to attend.

Family Therapy helps people in close relationships:

* think about how to help each other
* express and explore difficult thoughts and emotions safely
* understand each other’s experiences and views
* build on strengths in their relationship
* make changes in their relationships and lives.

[**For more information, please click here**](https://www.aft.org.uk/page/whatisfamilytherapy)

**Co-Parenting Couple’s Clinic**

A systemic intervention offered to parent couples who want to improve their communication, strengthening the couple relationship as a resource for adult and child mental health.  We can see parents who are in relationships or separated and co-parenting. The clinic is also suitable for any two people that co-parent a child together: for example, a parent and grandparent could attend. The couples’ clinic is led by Systemic Family Psychotherapists.

Please feel free to make further contact via our email below to discuss a potential referral or to find our more: **growingtogether@nhs.net**

**Parent-Infant Psychotherapy**
We work with parents and children to help them communicate better and enjoy each other. The therapist helps parents to think about their child’s play, emotions and behaviour. Parents also have opportunities to reflect on their own experience of being a child and how they would like to care for and set limits for their child.

**Integrated Family Work**
We can work with parents to understand what might be causing or keeping a problem going. When we understand the problem better, we can think together to work out some solutions. This might involve changes in routines, rules, or strategies. We always work with parents to find solutions that fit their family’s needs.

**Groups we have running in 2025**

**Mind skills**

This course aims to help parents who feel low in mood, anxious, stressed or lacking in confidence. Being a parent can be tough, so it offers you a chance to learn more about worry and low mood and learn different ways of handling these times. The course is based on cognitive behavioural principles, which have been researched and found to be 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 handouts that you can keep.

This course aims to help fathers who feel low in mood, anxious, stressed or lacking in confidence.

When: Wednesday Lunchtimes starting 8th January for 6 weeks

Place: Online

To refer for this group, you can ask your health or education professional to refer you e.g. GP, Family Support Worker, Health Visitor, nursery, or give us a call to refer yourself on **0303 123 1000**

The group will be run by: Helen (Clinical Psychologist) Marjus (Trainee Clinical Psychologist)

**Mellow Parenting group**

Growing Together runs a 14-week Mellow Parenting groups for mums who would like support with the challenges of parenting. Parents attend a weekly, full-day group in which group members share with each other their ideas and experiences, while their children attend a crèche. In the morning, mums are given a space to think about their own experiences, both past and present while their children are in the crèche. At lunchtime parents, children and staff share food together and do a fun activity. In the afternoon, the children return to the crèche while the parents attend a parenting workshop about understanding and managing their children’s behaviour.

You can contact Growing Together directly on **0203 3161824** or talk to a family support worker at your local children centre to ask any questions about the next group.

**Growing Together Workshops running in 2025**

We offer various workshops face to face. These workshops are offered in the form of one-off sessions which aim to provide help to parents in common areas that they may be struggling with.

**The workshops we offer are:**

* Calmer Nights
* Worries and Parenting
* Stress management for fathers
* Calmer Days
* Coping with separation and transitions
* Tree of life for fathers
* Separations and transitions

No referral is needed to join these workshops, if you are interested in joining one of our workshops you can sign up on our [**Eventbrite page**](https://www.eventbrite.co.uk/o/growing-together-13053709783). Please note that you can only register 4-6 weeks prior the workshop.

**Our Workshop Testimonies:**

*“I really enjoyed the workshop. It was good to talk to other parents and get tips”*

*“Very friendly staff, was a brilliant workshop”*

*“It was useful sharing my experiences [with other parents].”*

*“All of the techniques and tools given to us regarding what we can do with our little ones!”*

*“Learning how to deal with our own emotions as well as our children’s emotions.****”***

We are a partnership between iCope, Adult Mental Health service (Camden and Islington NHS Foundation Trust) and Child and Adolescent Mental Health services (Whittington Health NHS Trust) and information is shared between the two NHS Trusts.

**How can I get involved?**

We want parents to be involved in Growing Together in as many ways as possible – in fact many parents helped us choose our name and service logo!

If you have any ideas, or would like to help us think about ways we can improve our service, we would love to hear from you. Call us on **0203 316 1824** or email us at **growingtogether@nhs.net** to get involved.