

**Changing Futures NE's Therapeutic  
Mentoring Service**

Completed referrals can be emailed  
securely to:

**[changing.futures@hartlepool.gov.uk](mailto:changing.futures@hartlepool.gov.uk)**

OR taken over the phone using the office  
number:

**01429 891444**



## GET IN TOUCH

Changing Futures North East

3 Abbey Street  
The Headland  
Hartlepool  
TS24 0JR

t: 01429 891444

[www.changingfuturesne.co.uk](http://www.changingfuturesne.co.uk)

**changingfutures** north east  
Nurturing relationships • Strengthening communities



CHANGING FUTURES NE'S  
THERAPEUTIC  
MENTORING  
SERVICE

**Are you working with parents that need extra support?**

**Have they had involvement from services for a significant amount of, or have been referred one or more times?**

**Would the family benefit from Community Mentoring?**

Changing Futures North East are re-developing their mentoring provision to support both parents and their children.

Parents will be supported to gain a better understanding of how their early life experiences can impact on their ability to parent.

Each parent will have the opportunity to attend a 10 week group programme to help them gain a better understanding that a person's behaviour is a reflection of coping strategies they developed when living with adversity.

After the programme each adult will have the option to be matched with a Community Mentor for on-going support for a time limited period. The children and young people will attend an 8 week programme.

During or after the programme each child will be matched with their own Community Mentor for a specified period.

The group programme incorporates a Trauma Informed Approach, to inspire hope, resilience and recovery from adversity.

## Adult Programme

<b>Session 1</b> - introduction to the programme and each other.
<b>Session 2</b> - Protective Factors : Understanding of ACEs.
<b>Session 3</b> - Protective Factor: Understanding of toxic stress.
<b>Session 4</b> - Protective Factors: Parental resilience (increasing parents' ability to problem solve and building relationships with themselves and their children and others).
<b>An introduction to self-esteem</b>
<b>Session 5</b> - Protective Factors: Nurturing and attachment (Listening and responding to a child in a supportive way and discovering and paying attention to the child's physical and emotional needs).
<b>Session 6</b> - Protective Factors: Social connections, having family and friends or neighbours who are supportive and willing to help or listen.
<b>Session 7</b> - Protective Factor: Understanding toxic stress.
<b>Session 8</b> - Protective Factors: Knowledge of parenting and child development (Increasing parents' knowledge of appropriate expectations of their child's behaviour.
<b>Session 9</b> - Protective Factors: Social and emotional competence of children and understanding healthy relationships (helping the child/adult to interact positively with each other and manage emotions and communicate feelings).
<b>Session 10</b> - Actions for the future.

## Children and Young Peoples' Programme

<b>Session 1</b> - Getting to know each other
<b>Session 2</b> - Safety and toxic stress
<b>Session 3</b> - Connectedness and emotional regulation
<b>Session 4</b> - Emotional regulation
<b>Session 5</b> - Coping strategies
<b>Session 6</b> - Self-esteem and toxic stress
<b>Session 7</b> - Healthy connected relationships
<b>Session 8</b> - What now?