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Summerhouse Services

'Supporting Brighter Futures'



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Supportive Training For Adult Family & Friends

'GENERIC'S'

Gentle Empathic Neutral Effective Resilient
Insightful Compassionate Safe

Common Approaches, Tips & Tools, To Promote The Mental Health & Resilience Of The Children & Young People You Live With & Love

Friday 20th January

10.00 - 3.30

One Off Cost Of Living Discounted Cost - £18.00 pp

(Additional help with costs available on request)

Refreshments Included But Not Lunch For Discounted Offer

Venue - **Saltash Social Club . The Mansion . Fore Street . Saltash PL12 6JL**

In this friendly, relaxed, supportive and holistic workshop, you will have the opportunity to develop empathy, insights and understanding and gain approaches and tools, to help you help the children and young people in your world, who may be experiencing a range of mental health difficulties e.g. Anxiety, stress, Low Mood, Eating Difficulties, Self Harm, Obsessive Behaviours, Problems Expressing Anger, Low Self Esteem or Confidence, Risk taking behaviours etc. 'Look beneath the surface' of these issues and enter the world of young people and thereby, realise both the common experiences and uniqueness of the spectrum of mental health issues in a grass roots, real life way.

Finding 'monsters and gremlins', discovering the inner 'paradise chicken' and 'Tapping for better mental health and resilience' are a just few of the activities that you will have the opportunity to participate in ! You will 'hear from young people' what helps and what hinders them and it will then become clear, what helps them build their resilience and ability to cope with the ups and downs of life, in a safe and effective way and in doing so, address their mental health difficulties.

Note: We make every effort to offer a sensitive, supportive and non-biased space. Your facilitator has also had their own direct life experience of serious mental health difficulties and is a highly experienced therapist of over 20 years experience in the field of holistic and generic mental health and resilience promotion, whose field of interest lies in the area of eating difficulties and self harm. **If you have any concerns before the day, please do not hesitate to contact Penny for a chat.**

Outcomes

- Discuss and explore the spectrum of what constitutes a mental health issue from a Humanistic and empathic perspective.
- Develop insights to establish the link between a child and young person's mental health problem and their emotional, mental, spiritual and environmental world
- Argue the risks of making assumptions regarding children, young people with 'mental health problems' and explore the phrase 'we are all products of our environment' in this context.
- Discover the wider meaning of resilience and its relationship to mental health promotion for children and young people.
- Acquire straightforward, safe and 'orbital' responding and support strategies to help any child or young person who may have difficulties with their mental health
- Gain practical, tangible tools and quick tips for you and your young people to have in a holistic support toolkit, including 'Tapping' (Emotional freedom Techniques)

Some Feedback From Recent Workshops

'This workshop was a game changer for me ! It has shown me how to help my daughter safely and in a way that makes sense to me as a parent . It has really opened my eyes ! Thank you so much :)

I found this day so helpful. Thank you! Penny has a unique approach that really works & no powerpoint ! A great day !'

'As a parent of a child that has an eating disorder, I was worried about joining this workshop. Penny put me at ease straight away with her friendly and non-judgmental attitude and I found the day very informative. I feel much more confident as to how to help him now. Thank you '

'It has helped me a lot to understand more about my Granddaughter's self harming. I feel reassured that on the whole I am trying to do the right thing and have learned a lot. I now also know the things to avoid. I really enjoyed the day! Thank you.'

*'Thank you so much for this day. After just one day of training, I have now been able to help my son by changing a few things that I do and **he** has now come up with a plan that is sensible and doable to help him return to school. (Young person had problems with anger and was a consistent school refuser)*

'Great tutor, Inspiring, fun, enthusiastic and reassuring' . Everyone needs this training !!'

The Thoughts of Parent Lynn , Whose Young Person Uses Our Service.

"I cannot recommend this service enough having tried many conventional lines of help and nobody really seeming to understand the issues for my 13 year old. I was put in touch with Summerhouse Services and the Drifts programme and since they started here they have learnt many things and although they still have some issues, they have learnt new skills to aid them to cope with these

The approach of Summerhouse Services is very different to anything offered mainstream and the support I have been offered as a parent too has been amazing with one to one time, courses and workshops to help me better understand what my child is going through.

To anybody struggling out there please reach out to Summerhouse Services; you won't be disappointed." Since writing this review, Lynn and Granny have recently told us that the young person has now stopped self harming and is markedly more confident in many areas of their life.

Booking Details

Cost - £18.00 pp (Usually £35.00)

General Refreshments Included

Venue - Saltash Social Club . The Mansion . Fore Street . Saltash . PL12 6JL

(Free Parking On Site)

For bookings or enquiries on discounted offers, please email **summerhouse.services@gmail.com**

Contact Details

(Please note this is not the venue address)

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