

A GENTLE COURSE FOR MUMS AND FEMALE CARERS

Parent Wellbeing Course

Time for you, so you can be there for them.

Being a parent is hard, and it is even harder when you are carrying a lot. This course is a warm, safe space just for you, to breathe, meet other mums who get it, and start to feel more like yourself again.



WHEN

Tuesdays

10 Nov to 15 Dec
2026

TIME

7.45pm to 9.15pm

After the kids are
settled

WHERE

Online

From your own home

GROUP

8 to 10 women

A women only space

Is this for me?



You are a woman who has been **affected by domestic abuse** and you want support to rebuild and move forward.



You are a mum or female carer who is **struggling with your mental health**, feeling low, anxious, stressed or overwhelmed.

It is early, gentle support for women who do not need specialist or crisis services. **You do not need a diagnosis, and you do not need to have it all worked out.**



Why online? To make it easier for you.

We run this course online so more mums can take part. There is no travel and no childcare to sort out. Just join from home on your phone, tablet or laptop, and we will email you the link before the first session.

Turn over to see what we cover together

What we will cover together

Tuesdays, 7.45pm to 9.15pm

10
NOV

Welcome and understanding stress

Meet the group, then explore what fills your stress bucket and simple ways to feel calmer.

17
NOV

Self care and wellbeing

Small, realistic ways to look after yourself, even when life is busy.

24
NOV

Healthy relationships

What healthy relationships feel like, and finding a calm, confident way to speak up.

1
DEC

Boundaries

Working out what matters to you and practising the words to say it.

8
DEC

Confidence and self worth

Your values, and swapping the inner critic for a kinder voice.

15
DEC

Parenting through hard times, and celebrating

Reconnecting with your children after tough moments, then celebrating how far you have come.

Questions you might have

Do I have to talk?

No. This is a reflective space. You will use your own workbook to do the activities and reflect privately, and you never have to share what you write.

What if I miss a week?

Life with children happens. Just let us know and you can join again the following week.

Do I need my camera on?

Yes please, as the group is all about connecting with each other. If you need to pop in and out during the evening, it is fine to switch it off for a bit. You can blur your background if you prefer.

Is it confidential?

Yes. In the first session we agree group rules together to keep it confidential. What you share stays in the group, unless we are worried about someone's safety, and we would always talk to you first.

Your own wellbeing plan

At the end of the course we create a plan with you that is right for you and your family. It can include:

- Signposting to local support
- Help applying for grants
- Referrals to services that can help
- Plus your private workbook to keep



From survival, to stability, to strength.

Not sure yet? Let's chat

No pressure at all. If you would like to talk it through first, email Natasha:

natasha.manning@riseandthrivefamilies.com

Ready to join?

Ask any professional who supports you to refer you, or email us yourself. Places are limited, so get in touch soon and we will send you your joining link.

You are not alone. You are not broken. You are rising.

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