



**We empower  
individuals and  
families to build their  
foundations for the  
future**





**Lynne Howe**  
Founder

## Our Vision

To build the resilience, mental health and wellbeing of young people and families to enable them to live happy healthy lives through bringing people together and providing non-judgemental support, learning, and volunteering opportunities.

We empower individuals to build their foundations for the future.

Our trainers and programmes use a trauma-informed approach to deliver psycho-social education as an evidence-based approach to improving outcomes for children, young people and their families.

All our workshops and courses use interactive learning activities such as experiential tasks, games, videos and discussion which engage learners.

Standalone sessions are currently being delivered in partnership with Wirral Lifelong Learning and are fully funded for learners who are:

- Low income
- Unemployed or
- In receipt of benefits

Those not meeting criteria please contact us to discuss.

## Our Programmes

We provide 1-1 sessions & group work:

Children's & Young People's Wellbeing & Resilience Programmes

Mental Health & Resilience Training Courses CPD accredited

Parenting Support Programmes

Adverse Childhood Experiences & Trauma Informed Practice Awareness Training CPD accredited

Mental Health & Wellbeing toolkits for Peer Support

Volunteering & Personal Development Opportunities



## Overview

We are the lead coordinating delivery partner for the **High Intensity Therapeutic programme** offer by Wirral Children Services which provides access to individual and family therapy with Heswall Hills Counselling Centre, alongside CBT for children and young people with the Open Door Charity.

Families further access our psycho-social educational programmes, support and activities.

Wider provision from delivery partners, Fender School, JourneyMen, Shaftesbury Youth Club and Pilgrim Street Youth Centre offer additional enhanced support.

## High Intensity Therapeutic Programme



## Register

Give us a call or drop us an email to find out how you can register

[info@creatingcareers.com](mailto:info@creatingcareers.com)  
020 3143 4824

## Learning Outcomes:

- Improved behaviour management and emotional control
- Improve social, emotional, and educational wellbeing
- Reduce opportunities for victimisation of bullying or antisocial behaviour
- Identify opportunities to improve school or employment attendance/performance
- Reduce acts of violence/aggression through retaliation and/or aggressive behaviour
- Developing protective factors,

**Duration:** Variable - Minimum 10 weeks



## Overview

Our Better In School programme provides pupils the opportunity to develop self-regulation and emotional literacy.

Our project aims to provide a trauma informed approach to support primary school pupils at risk of being excluded.

We are looking to offer early intervention to support pupils through a full day programme over 10 weeks.

**"... two of our pupils have benefited from a term of sessions.**

**We have now referred a further child and are looking for more who we feel would benefit from this invaluable intervention.**

**We were impressed with the attention to detail that was put into each step of the application process, including the induction programme for both the child and his parent.**

**The results, with one family in particular, have been transformational.**

**The triangulated approach – extending out to the parents and siblings as well as the focus child is where we see the greatest impact.**

**Rock Ferry Primary School**

"

## Register

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## Better In School ALternative Education Provision

### Learning Outcomes:

- Understand how to manage their emotions, develop coping strategies, understand how to build relationships and become more connected
- Understand how to look after their wellbeing, help build self-esteem, and develop resilience.
- Develop their interoception, proprioceptive and vestibular senses.
- Improved self-regulation.

**Duration:** 10 weeks - Full Day sessions



## Overview

Becoming trauma-informed and understanding toxic stress is essential in providing the most effective and sensitive support to individuals dealing with Adverse Childhood Experiences; impacted by trauma and toxic stress.

As parents, carers, community or professionals we can develop our understanding, and strategies to mitigate the effects of ACEs, trauma and toxic stress and improve outcomes.

How we manage the current situation will determine the impact on our families, communities and ourselves.

## Adverse Childhood Experiences Awareness Training

### Register

Funded places on half day workshop available.

Suitable for anyone supporting or working with adults, young people, children and families.

Further bespoke training on Trauma Informed Practise available. Please, contact us to discuss your requirements

### Learning Outcomes:

- What are ACEs and high risk toxic stressors?
- Considering the neuroscience, biological and chemical impact on development
- Identify how ACEs impact health, educational and social outcomes
- Discuss strategies to support children, young people, and adults to mitigate the effects of ACEs – considering systemic practice and
- PACE approaches, resilience framework, and stress management i
- Assess how trauma/toxic stress awareness may impact our attitudes and behaviour

**Duration:** 3.5 hours – Standalone session

# WHAT DO PEOPLE SAY? ACEs Awareness Training

**"I felt [course] was able to pack in a lot in half day's training. Would highly recommend, essential training transcending many different services. "**

**"I feel more aware of protective factors and their use in my role as an EMHP, rather than a problem saturated focus.**

**Greater awareness on own wellbeing and that of the wider family and support network around the CYP; I will place a greater emphasis on checking in on carers and parents.**

**"**

**"I will use this training to teach our foster carers how to better understand the children who have experienced previous trauma. I will encourage the carers and other professionals to attend this training course. "**

**"The delivery of the session was outstanding. It was very easy to engage with the trainer and other course members. Shared experiences were very useful and informative."**





## Overview

Adverse Childhood Experiences Recovery Toolkit  
The Adverse Childhood Recovery Toolkit programmes uses a trauma-informed psycho-educational model.

Our training is strengths-based and skills building, giving individuals knowledge and enabling them to better understand and deal with their previous experiences.

Programme participants are given practical strategies to help them thrive in their daily lives by developing resilience, increasing hope and enabling recovery.

The Adverse Childhood Experiences Recovery Toolkit is a support programme for those 18 years old and over who have had adverse experiences growing up.

Individuals can be referred to Crea8ing Community to access our frequent community-based programmes and support.



## Register

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## Adverse Childhood Experiences Support Programme

### Learning Outcomes:

- Understanding and living with Adverse Childhood Experiences (ACEs)
- Developing resilience
- Understanding toxic stress and strategies to manage it
- Understanding attachment and building relationships
- Nurturing parenting styles
- Managing emotions
- Developing strategies to reduce the potential impact of ACEs on ourselves and our families

**Duration:** 2.5 hours – 10 weekly sessions

# WHAT DO PEOPLE SAY? ACEs Support Programme

**"All the groups are so supportive, and I haven't felt uncomfortable being in any of them even though there were new people I didn't know."**

**"The ACEs was my favourite, which taught me about myself, what had gone on and the effect it had had on me."**



**" Being part of the courses and groups showed me that I was not alone and that it was okay to admit I was struggling, gave me better coping strategies in dealing with myself "**



## Overview

Overcoming the impact of domestic abuse and understanding toxic stress is essential to our ability to move forward towards goals and aspirations, for ourselves and our families.

Finding ways to leave behind the negative views about ourselves, build our self esteem and create bright futures requires use to understand and use strategies, tools and techniques to cope and build resilience.

The Bright Futures programme uses strength based approach providing opportunity for choice, collaboration and connection to support participants on their recovery journey.



## Register

Suitable for anyone who have experienced domestic abuse and is no longer in the relationship.

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## Bright Futures - Domestic Violence Recovery Toolkit

### Learning Outcomes:

- Understanding the dynamics of domestic abuse violence/coercive control
- Understanding coping strategies as resilience building
- Identifying and deleting our internalised negative voice
- Understanding emotional regulation and stress
- Developing skills to recovery, self-esteem confidence and healthy lifestyle

**Duration:** 2.5 hours – 12 weekly sessions



The SFSC course is open to parents of children who may be displaying some behaviour problems, are at risk of school exclusion or at risk of becoming involved in violent, anti-social or criminal activity

Individuals can be referred to Crea8ing Community to access our frequent community-based programmes and support.

## Overview

The SFSC parenting programme helps families develop or promote: strong ethnic and cultural roots; positive parent-child relationships; a range of life skills; self esteem, self discipline and social competence; and an ability to access community resources and would also be useful to parents of children with additional needs.

Parents explore information to empower them; developing anger management and positive discipline techniques; providing a cultural framework to validate the historical and family experiences of different ethnic groups; decreasing isolation by helping parents to connect to community resources.

## Register

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## Strengthening Families Strengthening Communities Parent Support Programme

Focus on 5 component areas:

- Cultural/spiritual
- Enhancing relationships
- Positive discipline
- Rites of passage
- Community involvement

Suitable for parents with children aged 3 - 18 yrs old

CANparent Accredited  
Youth Justice recommended

**Duration:** 3 hours weekly - 13 sessions





## Overview

As parents, we develop our own approaches to nurturing and developing our children. But sometimes situations arise in life that may bring some challenges for you and your child to deal with.

Being able to deal with these challenges and helping your child manage life when it gets tough will improve their chances of being able to bounce back when things are stacked against them.

Youth Connect 5 will teach you the skills you can then draw upon to both build your own resilience, but most importantly your child's.

The Youth Connect 5 is suitable for all parents but also for individuals wanting to improve social communication and support skills.

Individuals can be referred to Crea8ing Community to access our frequent community-based programmes and support.



## Register

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## Youth Connect 5 - Understanding Child Brain Development, Mental Health & Resilience Building

### Learning Outcomes:

- Develop your understanding of children and young people's mental health & wellbeing
- Learn the basics about brain function, stress and why we feel the way we do
- Practice practical skills in problem-solving and communication to support your child

**Duration:** 2.5 hours – 5 weekly sessions

**"Great course for helping understand myself and others"**

**LIAM**

Course Participant



## Overview

This workshop provides a simple understanding of brain function and development, how stress has a biological impact on brain function, our bodies, and our anxiety.

Learners consider their stress responses and coping strategies, further looking at what we can do to reduce and mitigate the effects, including the five ways to wellbeing and other strategies and techniques.

## Register

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## Managing Stress & Anxiety Mental Health Awareness

### Learning Outcomes:

To understand and apply:

- The definition of Stress
- How stress affects our bodies and brains
- How we respond to stress
- Positive and negative coping strategies
- Ways to reduce stress

**Duration:** 2 hours – Standalone session



**"Group work, very relaxed environment and very informative. Fantastic, thank you."**

**LIANDA**  
Course Participant

## Overview

Learners will develop an understanding of wellbeing and resilience, considering natural tendencies to see the negatives, resilience building strategies and skills, and 5 ways to wellbeing.

This will give learners practical ways to develop their resilience and that of their friends/families and others, along with SMART goal setting to achieve real change.

## Register

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## Wellbeing & Resilience Mental Health Awareness

Learning Outcomes:

To understand and apply;

- Definitions for wellbeing and resilience
- Human Nature – the role of brain stem function
- Resilience building strategies
- Smart goals for real change

**Duration:** 2 hours –  
Standalone session



## Overview

Learners will consider the importance of Body Language and how it can be used to improve communication. Learners will recognise key “tells”, identify related emotions, demonstrate examples of body language in particular situations.

They will consider the importance of verbal communication, identify techniques to improve projection and articulation, demonstrate the importance of tone and volume, recognise improvement needs.

They will further explore active listening, identifying processes involved in active listening and be able to demonstrate the effects.

**"Very good, engaging course leader who was patient and pleasant to be around. Top marks 10/10"**

**RICK**

Course Participant

## Register

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## Communications Skills For positive interactions

Learning Outcomes:

- Understand importance of Body language
- Identify key “tells”
- Demonstrate examples of body language in particular situations
- Identify techniques to improve articulation and projection
- Demonstrate the importance of tone and volume
- Recognise the importance of active listening
- Determine processes involved in active listening
- Discuss the effects of active listening
- Recognise improvement needs

**Duration:** 3 hours – Standalone session

## Overview

Learners will recognise how we approach problem solving and different techniques and strategies used, consider differences between passive, assertive and aggressive behaviour, compare behaviour styles in conflict resolution and develop stepped approach to conflict resolution.

Learners will understand different styles of solving conflict and explore the situations in which each style may be successful and possible outcomes if used inappropriately. This will allow Learners to develop essential skills needed for the world of work, building their confidence and self-esteem in dealing with new situations.

**"The course leader was fun and nice to work with. She was understanding and helped everyone to achieve their goals and take part in the activities with confidence"**

**CHLOE**

Course Participant



## Register

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## Problem Solving & Conflict Resolution

### Learning Outcomes:

- Recognise how we approach problem solving
- Consider difference between passive, assertive and aggressive behaviour
- Compare behaviour styles in conflict resolution
- Develop 4 step approach to conflict resolution

**Duration:** 3 hours – Standalone session



## Overview

We offer a series of Wellbeing & Resilience programmes for children and young people aged 6+.

Programmes are fun, interactive and work to allow children, and young people to develop the skills required to manage emotions, deal with challenging situations and develop employability skills.

Bespoke options available.

**"The classes were really helpful, I know more about the brain and why I get stressed sometimes."**

**Dana aged 11**

**"Attending has really helped me understand how my children are experiencing stress and what makes them stressed. It has also given me more ideas of how I can help my child to feel calmer when they are stressed out."**

**Dana's Mum**

## Register

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## Children and Young People Wellbeing & Resilience Programmes

### Options:

- Meerkat & Me - 6 - 12 years old - managing big emotions
- I'm Awesome - 6+ years old - Resilience Building and Stopping Negative Self Talk

Suitable for CYP learners 13+ yrs old

- Big Emotions, My Body & Me
- Solve it! - Problem solving & conflict resolution
- Speak out! - Communications skills
- All About Me - CV writing
- Get that job! - Interview skills

**Duration:** Variable

**"Fees apply.  
Contact us to discuss"**

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## **Brick-By-Brick Lego Play Therapy**

### **Learning Outcomes:**

To develop and apply:

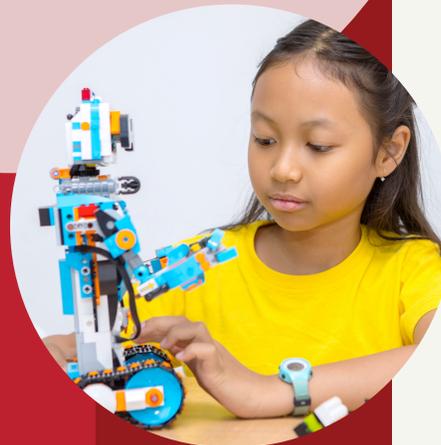
- Communication skills
- Social skills
- Self- regulation
- Confidence building
- Resilience

**Duration:** 1 hour weekly –  
8 - 12 sessions

## **Overview**

The Brick-By-Brick Lego is Therapy is fully inclusive and has been proven to support the development of social communication. Also, teaches skills in order to reduce children anxiety and support positive behaviour.

The programme is offered across 8 - 12 sessions weekly and is particularly suitable for children with Special Educational Needs & Disabilities.



## **Register**

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# "Get in touch to discuss how we can help"

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## Professional Consultancy

We specialise in Mental Health Support and Family Education.

We have expertise knowledge in Adverse Childhood Experiences trauma informed practise.

We have extensive experience in Education, Training & Employability.



## Support

- Family Support & Coaching
- Mind Over Natter Parent Support groups & peer mentoring
- Activities to develop wellbeing, social networking and reduce isolation
- Introductions to other organisations
- Wraparound support

## Other Services

## Toolkits & Training

- Mental Health and Resilience toolkits and training for peer support or In-house delivery which includes:
- Managing Stress & Anxiety
- Wellbeing & Resilience Building
- Stopping Negative Self Talk
- Employability workshop toolkits
- Digital Parenting
- Safeguarding Awareness
- Positive Discipline

CYP and Adult programmes

Bespoke training packages

**Joanne Graham - Wirral Family Coach**  
what's your background?  
I am a family and relationships counsellor and coach, with my training and experience in the field of family and relationships. I have worked in the field of family and relationships for over 10 years, providing support to individuals, couples and families. I have also worked in the field of mental health, providing support to individuals with mental health issues. I have a passion for helping people to overcome their challenges and achieve their goals. I am a qualified family and relationships counsellor and coach, and I am also a qualified mental health first aider. I have a wealth of experience in providing support to individuals, couples and families, and I am passionate about helping people to overcome their challenges and achieve their goals. I am a qualified family and relationships counsellor and coach, and I am also a qualified mental health first aider. I have a wealth of experience in providing support to individuals, couples and families, and I am passionate about helping people to overcome their challenges and achieve their goals.

**YOU'VE GOT THIS!**  
I've just signed up to the Wirral Family Coaching Project and I thought you might want to get involved too!

Wirral Family Coaching  
Wirral Family Coaching  
Wirral Family Coaching



**"We are very grateful for  
all the support of funders,  
delivery partners &  
community supporters"**

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## **Commissioning & Delivery Partners**

- Wirral Children and Young People's Services
- Wirral Public Health
- Wirral Youth Offending Service
- Wirral Lifelong Learning
- Wirral Early Help
- NHS Cheshire and Wirral Partnership Children's and Adolescent Mental Health Services

## **Funders**

- The National Lottery Community Fund
- Violence Reduction Partnership
- Steve Morgan Foundation
- Burbo Bank Extension Fund managed by Grantscape
- LCR Cares Fund
- Wirral Together
- Community Foundation Merseyside

## **Community Partners & Supporters**

- The Positivitree
- The Sensory Shack
- The Carrbridge Centre
- Wirral Health Project
- Neo Community
- Next Chapter CIC
- The Open Door Charity
- SHaftesbury Youth Club
- Mind Over Natter
- Break The Mould
- Make It Happen
- JourneyMen CIC
- The Martin Gallier Project
- The Belvidere Centre
- Wirral Local Offer
- Wired Carers Support