

## **Rock Pool – SPACE (Supporting Parents and Children Emotionally)**

SPACE is a new Rock Pool programme for any parent who wants to better understand and support their children's emotions, as well as their own, helping them understand what is meant by a Trauma Informed approach and to familiarise them with the Trauma Informed language being used in schools and organisations who are working with and supporting their children.

[#1 Factsheet 'Being Safe'; #2 Factsheet 'Keeping Connected';](#)

[#3 Factsheet 'Understanding Resilience'](#)

Factsheets are supported by complimenting **Live Q&A Webinars**, running weekly on Mondays 2.30pm – 3.30pm with the next ones being held on 11<sup>th</sup> & 18<sup>th</sup> May. Sessions provide parents and carers with an opportunity to ask questions and talk through positives and challenges of parenting during lockdown; sign-up process via the relevant links below:

11<sup>th</sup> May: <https://rockpoollife.arlo.co/register?sgid=738e1773686f42158a7ff6d36f27a7cd>

18<sup>th</sup> May: <https://rockpoollife.arlo.co/register?sgid=c50b4dc2f73f4128843e400b886e95b4>