

**ACE's:** This 10-week programme supports people to develop their own resilience and develop protective factors to minimise the impact of **A**dverse **C**hildhood **E**xperience's on themselves and their children.

**ACE's Young Person in school:** For young people, focusing on providing individuals with information and practical tools to develop their own resilience and protection factor necessary to minimise the impact of ACES on themselves.

**Chattertime:** A 6-week course aimed at supporting the communication, speech, and language development of children.

**Relax Kids:** These groups are particularly beneficial for children who may be experiencing.

**Light for Life Housing:** Appointments for advice with Housing/Accommodation.  
Low esteem and/or lack of confidence.

**Triple P:** An 8-week parenting programme. Suitable for families with a child aged 2-11 years. Being a parent is challenging, learn strategies to support with all aspects of parenting.

**Riding the Rapids:** A 10 -week parenting course for parents of children and young people with an autism spectrum disorder diagnosis or other complex needs, including severe learning disabilities. Riding the Rapids targets areas to improve the quality of life and emotional well-being of children with disabilities and their families and cope with challenging behaviour.

**Incredible Years:** A 12-week course focusing on attachment, play, child development, emotional health and wellbeing and the application of consistent parental strategies.

**Antenatal classes:** Book through your midwife, before baby is due.

**Baby Massage:** Learn the relaxing and therapeutic massage technique beneficial to both baby and parents.

**Well Baby Clinic:** Health Visitor available to weigh your baby. Appointment only, call 0151 247 6354.

**Change, Grow, Live Drop In: Coffee Afternoon:** For adults and young people with substance misuse concerns.

**Umbrella Stay & Play:** For pre-school children with characteristics of Neurodiversity.

**Sefton Welfare Rights:** Advice on benefits please email enquiries to:  
[welfarerights.advice@sefton.gov.uk](mailto:welfarerights.advice@sefton.gov.uk)

**Shadow board:** young person's group promotes positive engagement, build new friendships, working as part of team, develop communication skills, to help shape the future of Sefton and local communities.

**Smoke free pregnancy:** An NHS professional provides advice and guidance to become smoke free during pregnancy.

**Sefton Carers Coffee Morning Drop in,** coffee morning for Parents/carers of children with additional needs to chat and receive advice.

**Sefton@Work** Help with aspects of accessing employment such as CV writing, looking for jobs and training. Please telephone 0151 934 2875 for further information/to book an appointment.

**Mums the Word:** Focusing on your physical wellbeing after your baby is born. Appointment only, call 07742 875330.