"Resilience is very different than being numb. Resilience means you experience, you feel, you fail, you hurt. You fall. But, you keep going"

Yasmin Mogahed

CONTACT US

Lucy Capron and
Keda Johnstone
info@familycompass.co.uk
07873 759364

www.familycompass.co.uk

Family Compass Community Interest Company
Registered Company No. 10754466

FAMILY COMPASS

Find your way to positive change

TIME TO MAKE SENSE

Time to Make Sense

A group to support children to build emotional resilience, providing a space to develop emotional awareness and understanding, and learn new strategies to overcome future challenges.

Using a strengths based approach centred on play and discovery, it helps children to build positive relationships, gain confidence and self belief and supports the management of their feelings.

What is Resilience?

The theory of resilience is defined as a person's ability to respond to stressful situations and adversity. Resilience is learnt through life experiences and the development of our stress management systems. It can be learnt or developed as a skill.

The 6 domains of resilience

- A secure base
- Social competencies
- Positive values
- Talents and interests
- Friendships
- Education

Cited from Brigid Daniel & Sally Wassell – Assessing & Promoting Resilience in Vulnerable Children 2002

A Wraparound Group?

A unique group structure providing family, one to one and group sessions over 10 weeks.

Session 1

A time to start building a relationship with the child and their family, laying the foundations for the following 9 weeks.

Session 2

One to one session for the child and group facilitator, supporting them to feel prepared for the group.

Session 3 - 8

Group sessions, working together and making the journey towards positive change.

Session 9

One to one session for the child and group facilitator sharing experiences of the group.

Session 10

A Family session, to share and celebrate completing the group. Providing feedback and tools to the family to embed the changes made. Information is also shared with key professionals to support change.