

# Family Harmony



## Supporting communication, strengthening relationships

Looking after children can be tricky. And when you're co-parenting, you might not always see eye-to-eye.

Coram Creative Therapies and Parenting Service are offering groups designed to help you improve communication and strengthen your relationships.

The groups are open to all parents whether you're a father, mother, care-giver or co-parent.

Family groups will run from September 2023 to September 2024 at your local schools, nurseries and children's centres, and at the Coram Campus in Bloomsbury.

### Who is it for?

The creative therapy family group sessions are for parents and caregivers who have children of any age, including parents of children who have additional needs and disabilities.

We welcome all families including step-families, same sex couples, connected caregivers, and parents who are separating or separated. This is a unique opportunity for parents and caregivers to create more harmonious family environments for their children to thrive in, supported by the expertise of family and creative therapists.

Coram is working as part of a national initiative to support children and parents experiencing adversity through group and individual sessions funded by the Department for Work and Pensions.

## What will you get out of it?

- We'll help you recognise and build on the strengths that already exist within your family
- You'll learn creative ways to resolve differences to prevent them from becoming more frequent or intense
- You'll learn better ways to understand and respond to each other
- Opportunities to come together to create music and art as a way to connect with your child and family

## What will the sessions be like?

Families will attend a weekly group with four other families who may have similar experiences.

We'll invite the whole family to attend some of the sessions and set aside sessions just for adults, to create space to focus on the adult relationships in the family. We use techniques and approaches from music therapy, art therapy and family therapy.

We will be led by the needs of the group, tailoring the sessions to ensure they work for your family.

## Who are Coram Creative Therapies and Parenting Service?

We are a team of art therapists, music therapists and family therapists. We work with children and families using creative techniques to explore together ways of strengthening family relationships and addressing common stresses and strains in daily life.

All our therapists hold approved post-graduate qualifications and are registered with UK regulatory bodies.

We understand that groups can be difficult for working parents to attend and aim to be as flexible as possible to accommodate this.



**We are recruiting to the programmes now and look forward to hearing and responding to queries.**

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for more information.

**coram**

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