

Youth Connect 5 Programme

Youth Connect 5 is a free course that gives parents and carers across Cheshire and Merseyside the knowledge, skills and understanding to help children develop strong emotional wellbeing through resilience building techniques.

These techniques will strengthen your child's ability to adapt well to adversity, trauma, tragedy, threats or even stress, skills that will remain with them into adulthood. We like to think of it as being able to bounce back from difficult experiences.

During the Course you will:

- Understand young people's mental health
- Think about what makes us thrive
- Develop family resilience
- Understand why we feel the way we do
- Develop skills to support your children.

The course is aimed at Parents/Carers with a child aged 8-18 years, it is delivered by our Parent Wellbeing Team and consists of a Welcome session at the beginning of the Course then 5 x 2 hour sessions. Currently the sessions are being delivered virtually via ZOOM.

The Course aims too:

- Give parents and carers the knowledge, empathy, skills and tools to promote resilience and wellbeing for children and young people
- Strengthen parent's and children's resilience Increase confidence and parental ability to support their child
- Improve parent/child relationships

What Will You Learn?

On completion of this course you will have learnt new skills and approaches to connect with your children. These skills will enable you both to build strong resilience, positive emotional health and wellbeing, whilst understanding why we feel the way we do.

You can make a Referral by contacting YPAS directly or go online to refer <https://ypas.org.uk/>

[0151 707 1025](tel:01517071025)

support@ypas.org.uk

[0151 707 1252](tel:01517071252)

YPAS provides mental health and emotional wellbeing services for Liverpool's children, young people and families.

Find out more about YPAS [here](#)