



Parenting brings many rewards and yet its challenges can often leave us feeling overwhelmed and alone. Here at The Bungalow Partnership, we believe that with a little support parents can feel more empowered to overcome these challenges and make sustained changes that improve their everyday lives and futures.

Families in Focus works on the principal that all families experience difficulties at some time and that with the right support, at the right time these difficulties can be overcome, and families can thrive.

Families in Focus is here to help families across Teesside. We do this in partnership with local schools and local authorities. Please contact The Bungalow Partnership or your child's school to see if they are a partnership school.

Who We Are

About us

The Bungalow Partnership provides therapeutic and emotional wellbeing support to children, young people, families and practitioners across the Tees Valley.

We are a multi-disciplinary team with a range of experience in therapy, counselling, education, social work.

Our work in schools across Middlesbrough, Redcar & Cleveland, Stokesley and Stockton involves both individual and group therapeutic work.

We provide training, support and supervision to practitioners within the children's workforce and offer consultancy to schools regarding the emotional wellbeing needs of their children within their care.

Contact us:

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FAMILIES IN FOCUS

*INDIVIDUAL PARENTING
SUPPORT, FAMILY
THERAPY AND
ATTACHMENT BASED
PARENTING
PROGRAMMES*



The Bungalow Partnership



How Families in Focus works

The Bungalow Partnership's **Families in Focus** Service, aims to help families to have a more secure way of relating to each other—helping them to thrive and enjoy their time together.

Families in Focus- Supporting families to thrive

Providing: -

- **Support** to parents to help them feel more confident within their family interactions, limit setting and family routines.
- **Modelling** of attachment focused approaches to help you to communicate more effectively as a family.
- **Practicing** new ways of relating with each other, with the support and encouragement of a trusted professional.
- **Individualised** strategies that meet the individual needs of each family.

- **Individual sessions** for parents to explore ways in which their everyday interactions and routines can be improved.
- **Drop-in sessions** wherein parents have access to a weekly or monthly drop-in within schools. Parents can seek advice and guidance on areas of family life including behaviour, routines and responding to the emotional needs of children.
- **Parenting Programmes** delivered within individual schools or clusters. We offer a range of Programmes including Triple P, Parenting Puzzle and Family Nurture.
- **Specialist Family Therapy** including Filial Coaching, Filial Therapy and Child Parent Relationship Therapy (CPRT) - (Individual or Group).



It's Your Call...

Every family is unique and therefore every family needs to be understood and provided with support that is meaningful and effective for all the family.

- We can offer a family assessment, whereby we explore the needs of the family and provide advice on the most appropriate support.
- We can provide whole family interventions, parenting programmes and parent/child therapy within the home, at school or at a range of venues within the local area.
- We can deliver group interventions for parents who would welcome exploring family relationships and parenting skills, alongside other parents.
- We have specialist experience in supporting parents/carers whose children have complex needs.