

## The Early Years Alliance Children and Family Centres provide 1:1 Family Support, Parenting Courses and Domestic Abuse Recovery Programmes to families facing difficult periods and challenges in their lives.

**Family Practitioner Service** provides 1:1 support to families facing difficult periods and challenges in their lives.

### What does the Family Practitioner Service support with?

- Immediate practical needs linking to local services such as food banks, medical support, providing information and advice about the borough's services.
- Supports families to access Children and Family Centres and local services, particularly when isolated and/or new to the borough, including health services, SEN support, nursery and school.
- Supports families in navigating systems and services to meet their needs, including support with form filling and online registrations (our centres can provide access to computers if needed)
- Provides regular 1:1 support early to prevent problems escalating to more specialist services.

For more information about the Family Practitioner Service please visit [our webpage](#) and download our [Information sheet](#).

**Parenting Courses** support parents to meet their child's needs and improve behaviour and outcomes for children.

### Programmes Available

#### Incredible Years

12 week group programme for parents of children aged 4-11 years where there is serious, high risk or distressing behaviours, conduct disorders, oppositional defiance disorder, and where ADHD might be suspected or diagnosed. Delivered both online and in person.

For more information about this course download our [Information sheet](#).

#### Triple P Group - Positive Approaches to Parenting

This is a 6-8 week, broad-based parenting intervention where parents actively participate in a range of exercises to help manage their child's behaviour.

Sessions are delivered face to face or online for parents or carers of children aged 2-10 years.

For more information about our Triple P offer download our [Information sheet](#).

For more information about our Parenting Offer please visit [our webpage](#)

**Domestic Abuse Recovery Programmes** help families access specific domestic abuse services and a range of group activities within our own Centres.

### Our 2 main programmes are:

#### CODA

A twelve-week **recovery** intervention for mothers and their children who have experienced domestic abuse. Each week covers a specific theme and programmes are divided into age appropriate groups.

#### The Freedom Programme

Is a twelve-week **recovery** intervention for women who have experienced domestic abuse. It examines the roles played by attitudes and beliefs on the actions of abuser and the responses of victims and survivors.

For more information about our Domestic Abuse Recovery Offer please visit [our webpage](#).

### Referrals

All referrals for our services can be completed online via our [professionals referral form](#) or sent to our secure email [Lewisham.Secure@eyalliance.org.uk](mailto:Lewisham.Secure@eyalliance.org.uk) where the EYA Family Services Panel will assess the referral and place it within the correct service or programme to meet the family's needs.

If you wish to discuss a case, please contact us via the email above, and a member of the Family Service Department Team will contact you.