

**Are You Struggling with Parenting?
Would you like some support?
Maybe a Parent Mentor can help you!**



What do Parent Mentors do?

Parent Mentors provide support to families in Warwickshire in a non-judgemental way. They can help parents with relationship and communication difficulties, build self-confidence, and support implementing positive changes. They can also help engage with wider community services.

Who are Parent Mentors?

A Parent Mentor is a volunteer who understands the complexities of parenting. They have been trained for the role, are DBS (criminal records) checked and benefit from ongoing support and supervision from the Parenting Project.

How long and how often?

A Parent Mentor can support a family for around 2-3 hours per week, for up to 6 months. Parents can withdraw from the arrangement at any time and for any reason.

A Parent Mentor Promises:

- to listen
- to encourage
- to communicate honestly
- to be committed to the role
- to be reliable
- to be non-judgemental
- to maintain confidentiality (except when there are concerns that someone is at risk of harm)

Some of the things that a Parent Mentor can help with:

- Parenting challenges like managing behaviour
- Emotional wellbeing
- Confidence
- Isolation and loneliness

For more information or to refer to the service please email caroline.jacobs@parentingproject.org.uk or call 07958487544

