

# Wellbeing Service



## Improving parents' emotional health and wellbeing

The Community Links Stronger Families Wellbeing Service provides flexible, personalised and empowering emotional health and wellbeing support to parents in the Leeds Area.

### Would you like...

To understand your feelings and how to manage them

To use mindfulness and other coping strategies

To improve your sleep, diet and fitness

### We can help you...

To learn ways to cope with stress and anxiety

To explore activities that bring joy and calm

To lead a healthier lifestyle

### We aim to provide

- **One to One sessions**
- **Mental Wellbeing group sessions**
- **Walk and Talk sessions**
- **Online forums and drop in sessions**
- **One off events and activities**

We look forward to supporting you if you are BAME, LGBT+, have a learning disability or autism spectrum disorder.

If you would like more information about our service or groups, please speak to your key worker or contact us on **07587 415 218**.



The Stronger Families Wellbeing Service provides support that can involve one to one and group sessions. You can get support face to face, by phone/video, or both.



Using different ways and resources, we can support you with low mood and motivation, confidence building and assertiveness, self-esteem and resilience, stress, worry and overthinking, anxiety and depression and issues with poor routine, sleep and diet. We want you to build and maintain your emotional health and wellbeing. We will show you how to use mindfulness and other ways to lead a healthier lifestyle.



Follow us

 @CL\_StrongFams

 @CLStrongFams

