



Holding Connection: A Therapeutic Group for Parents & Carer's

This therapeutic group offers a safe and supportive space for parents, carers, special guardians and foster carers to come together and explore the emotional journey of parenting children who have experienced early trauma.

It is a space for reflection, connection, and healing - held with empathy and understanding.

The group is weekly, for a period of 9 weeks, on-line, with the aim of making it easy to attend.

There is a one to one space with the group therapist prior to the group

The group is a maximum of 10 people and is a closed group once started

Following the group, an option to start one to one DDP Informed sessions with the group therapist/s is offered.

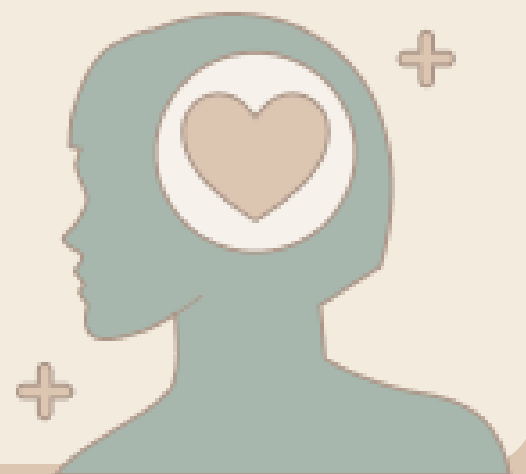
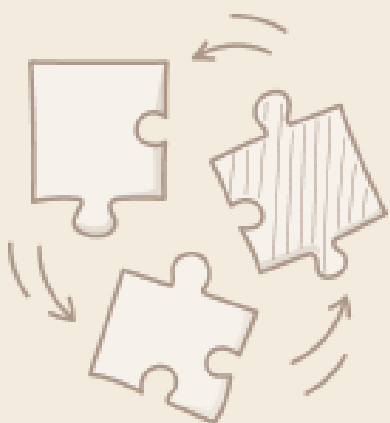
(Accessible within ASSGF FAL)



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This therapeutic group supports you to:

1. Share and process your parenting experiences in a non-judgemental therapeutic environment.
2. Understand how early trauma and early adversity affect your child's brain and behaviour especially during moments of stress and dysregulation
3. Explore how to rebuild trust and safety, and how to repair relationships when things feels disconnected.
4. Reflect on *blocked care* - a common and understandable experience when parenting becomes overwhelming.





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5. Learn a PACE (Playfulness, Acceptance, Curiosity, Empathy) way of being and how it can support more compassionate, connected communication.
6. Think together about how to take these insights back into your home and family life, with ongoing support from others who understand.

This group is designed to offer more than support, it provides a therapeutic space to help you feel seen, understood, and equipped in the vital role you hold in your child's healing journey.

