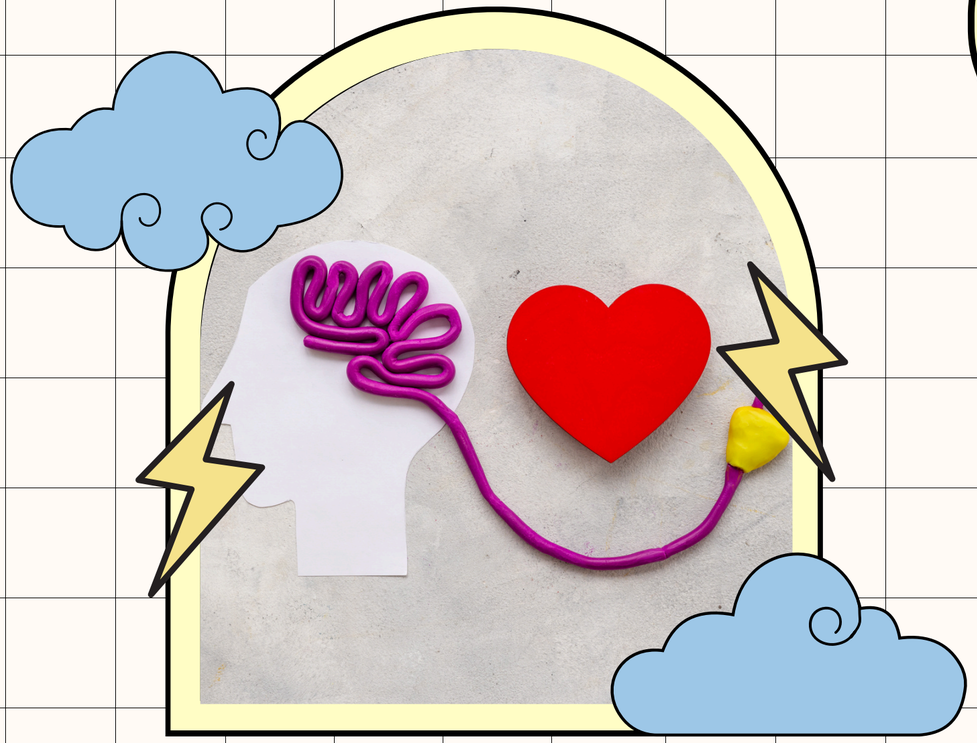
BRIDGE THE GAP

GROWING MINDS

A Creative Emotional Literacy Programme

For children aged 5 - 12



INTRODUCTION

What's 'Growing Minds'?

Bridge the Gap Child mental Health C.I.C. are excited to offer a 6-week 1:1 programme designed to support children in developing emotional literacy and wellbeing skills. Delivered in our safe and welcoming spaces, this proactive course uses creativity, play, and therapeutic techniques to help children explore their emotions and build healthy coping strategies.

OVERVIEW

- Gratitude
- Empathy
- Anger
- Anxiety
- Coping Tools
- Confidence

Six 45 minute 1:1 Sessions

WHAT'S INCLUDED?

- Six 1:1 sessions in our homely, safe spaces.
- Weekly parent handouts explaining what's been covered and how to support at home.
- A mini relaxation kit for children to take home at the end of the programme.
- A certificate of completion to celebrate their progress.

WHO IS IT FOR?

This programme is ideal for children who:

- Experience big emotions and feel sad or regretful afterward.
- Worry and need reassurance.
- Struggle with a fixed mindset or negative self-talk.
- Have low confidence or self-esteem.
- Find it difficult to understand others' perspectives, leading to challenges with friendships.

Whether your child needs a proactive boost in emotional literacy or some early intervention support, this course is designed to help them thrive.

WHAT WILL YOUR CHILD GAIN?

- **Emotional Understanding:** Learn how core emotions feel physically and how to taking steps towards experiencing them without fear.
- **Healthy Coping Skills:** Build confidence in managing difficult emotions.
- **Therapeutic Creativity:** Enjoy fun and calming activities that reduce stress and increase happiness.
- **Kindness Skills:** Understand gratitude and ways to be kind to others and themselves.
- **Positive Self-Talk:** Develop a gratitude attitude and build self-esteem.
- **Wellbeing Awareness:** Learn how to proactively care for their emotional health.

THE SESSIONS

Over six weeks, your child will work with a trained Child Wellbeing Practitioner to explore

- Gratitude — **Building a positive mindset and recognising what they appreciate.**
- Empathy — **Understanding others' perspectives and fostering kindness.**
- Anger — **Identifying triggers, understanding the physical sensations of anger, and learning healthy ways to express it.**

Anxiety

Exploring worries and building tools to manage them.

Coping Tools

Learning coping skills for navigating difficult emotions.

Confidence

Developing self-esteem and combating negative self-talk.

THE SESSIONS ARE PACKED WITH CREATIVE ACTIVITIES TO HELP CHILDREN CREATE PERSONALISED RESOURCES, ENABLING THEM TO CONTINUE THEIR EMOTIONAL LITERACY JOURNEY AT HOME

How to Access the Programme

Email us at **info@jwbridgethegap.com or book an assessment call on our website.**

The call allows you to share key details, including an overview of your child's likes, dislikes, interests, strengths, and challenges.

If the programme is suitable for your child, we'll contact you to book you in.

When Do the Sessions Take Place?

Sessions take place at our hub on **St. Mary's Gate, Derby. Monday to Friday.**

Appointments are mostly during the daytime, but we have limited after-school appointments for children in secondary school.

We will provide a letter for the school explaining the programme and its benefits. If needed, we are happy to provide the school with a summary of the sessions to help them better support your child.

COST AND BOOKING

- The ***inclusive*** cost for all 6 sessions, including resources, is **£417**
- You can apply for help with accessing through our **family support fund here.**

A REMINDER OF WHAT YOU GET!

This programme is designed to plant seeds of emotional understanding that parents can help nurture, empowering children to build resilience, confidence, and happiness. If you would like more information or to book a place for your child, please contact us today!

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