

What is Advance Brighter Futures?

Advance Brighter Futures (ABF) is a mental wellbeing charity that supports people in Wrexham and Flintshire to maintain and improve good mental, physical and emotional wellbeing.

We run a variety of projects that encourage and help people through one-to-one support, group sessions and activities to improve overall wellbeing.

To find out more, please sign up to our mailing list - goo.gl/vBcETT - or visit our website. You can also contact us via the details provided in this leaflet.

All info correct at time of going to print. November 2020.

Contact us

For more information or to pass on comments or feedback, please get in touch. We are more than happy to answer any questions you might have and tell you more about what we do.



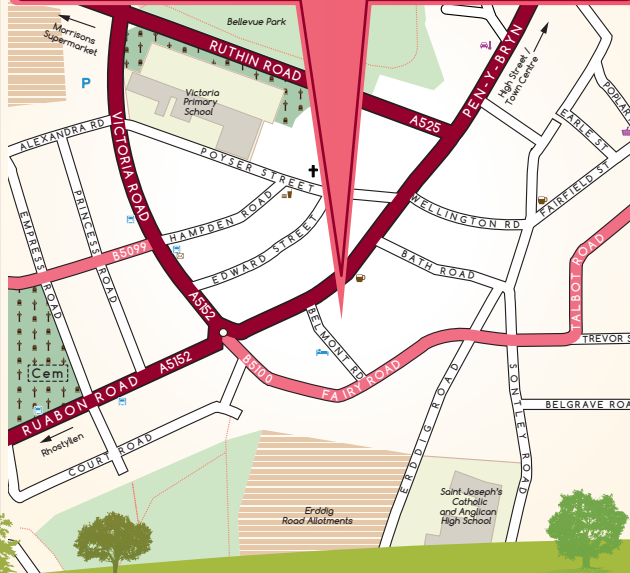
advance brighter futures
a helping hand for people's mental wellbeing

3 Belmont Road
Wrexham
LL13 7PW

01978 364777

info@abfwxm.co.uk

www.advancebrighterfutureswrexham.co.uk



parental
resilience
and
mutual
support



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government

Mae fersiwn Gymraeg o'r daflen hon ar gael ar gais,
gan ddefnyddio'r manylion uchod.



The PRAMS project is funded by the above organisations.

PRAMS is a project run by Advance Brighter Futures (ABF),
a company limited by guarantee (no. 04052135)
and a registered charity (no. 1089638).

What is PRAMS?

PRAMS stands for Parental Resilience And Mutual Support.

It is a FREE community based service for parents who feel they may benefit from extra emotional support.

PRAMS provides support to people in a way that is suited to the individual, by listening and moving at a comfortable pace.

Our aim is to make parents feel comfortable with their own emotions and understand them better.

We currently do this by offering various forms of support that provide the opportunity to talk and learn about emotional wellbeing and resilience in an informal setting.

The groups are for expectant parents and for parents with babies who are not yet walking. One-to-one support is for mums and dads who have children under the age of 16.

What support is available?

PRAMS Group (incorporating 'You & Your Bump' and 'You & Your Baby' sessions*)

Both groups involve weekly sessions aimed at challenging negative thoughts, feelings and behaviours and making lasting, positive changes in your life. The groups are shaped by parents and also provide a great opportunity to connect with other mums and dads.

One-to-one Talking Therapy

This gives parents who have children under the age of 16 an opportunity to talk confidentially without judgement. Talking therapy is great for those who may struggle in groups or would benefit from talking through more complex issues.

Monthly Support Group

Attending this group gives parents the opportunity to meet and discuss how they are getting on. We also welcome sharing tips and ideas for activities within the group.

Facebook Support Group

If you have a Facebook account, this online support group provides an opportunity to connect with people who use the PRAMS services.

I think PRAMS would be good for me. What should I do next?

Contact us using the information provided in this leaflet, or you can fill in your details on the form on our website.

If you need any support with getting in touch, your midwife, health visitor or GP can complete a form on your behalf.

What can I expect once I have given my details?

We will get in touch to arrange an appointment so we can talk about what form of support you think would be best for you. Appointments usually take place at our premises or in a community venue suited to you as we do not provide home visits.

We believe it is really important to meet with you as this gives us the opportunity to introduce ourselves and the project.

We will also answer any questions you might have and provide details of when you can join.

* Both 'You & Your Bump' and 'You & Your Baby' have been adopted from the courses run respectively by Dr. Chris Williams - copyright (2015) - and Dr. Chris Williams and Dr. Michelle Haring - copyright (2007-2014). Five Areas Resources Ltd. Used under license. All rights reserved www.lttf.com.

