

We are now taking referrals for our next programme:

ACES Recovery Toolkit

for Adults, Children and Young People

A 10-week programme for Mothers/carers who have experienced unhealthy relationships.

- Covering impact of trauma, building resilience, attachment and parenting, support networks, managing stress, child development, emotions and healthy relationships.
- A separate 8-week programme for their children (10-16 years) delivered by a trained practitioner.
- Covering keeping safe, managing stress and emotions, support networks, coping strategies, self-esteem, self-care and setting goals.

Where: 30 Brookvale Road, SO17 1QR

Dates: 20th May 2026 - 22nd July 2026

(excluding school holidays)

Time: Every Wednesday, 10am - 12pm

Drinks and snacks provided

Referrals can be made via [Yellow Door](https://www.yellowdoor.org.uk)

Or email info@yellowdoor.org.uk or call 02380

636312

