

Solihull Approach

Free 9 Week course to help:

- Understand your child's behaviour and how they communicate.
- Recognise how your child is feeling.
- Reduce the difficulties you face in everyday life.
- Improve how you communicate with your child.
- Understand the importance of play.
- Develop good routines and boundaries.
- Improve relationships between you and child for a happier and calmer home.

When: Tuesday 26th September 10am –12pm

Where: Mornington Road Family Hub

When: Friday 11th October 9:30am – 11:30am

Where: The Meadows Family Hub

To book:

earlyhelpdevelopmentteam@wigan.gov.uk

Drug and Alcohol support

We Are With You provide free and confidential support to young people around drugs and alcohol by offering a safe, non-judgemental and confidential space to talk. We work with people on their own goals, whether that's staying safe and healthy, making a small change or stopping an unwanted habit.

This service is for you if:

- You are 18 or under
- You are living in Wigan and Leigh
- You would like to make some changes around your drug or alcohol use

The [referral link](#) can be used by young people or parents, carers and professionals wishing to gain support for anyone under the age of 18 years who is needing some support or guidance on substance misuse

withyou

Feel Well			Be Well
		Live Well	
	Be Well		

Don't give up giving up
Quit this Stoptober

Get support, advice and access to Nicotine Replacement Therapy from Be Well's friendly advisors.

You are five times more likely to quit for good with our support.

Call **01942 404220** (and select option 1) or scan the QR code to find out when the team are in a community venue near you and/or fill in a self-referral form.



SCAN ME