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| **FEEDBACK ACORN PROJECT GROUPS – APRIL – JULY 24**  |
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| **CIRCLE OF SECURITY PARENT PROGRAMME** |
| Great to have that group session to be able to talk through our life experiences and share our thoughts about how we feel about our struggles. |
| Really good course. I'm so glad I joined. I definitely understand my children's behaviour better which has caused fewer tantrums and we are having more cuddles.  |
| i found the circle of security very helpful, i found that the shark music interesting and i could see how my shark music plays a big part in my parenting. i have noticed the difference in being the bigger, stronger, wiser parent and how i can sometimes be mean that's a big thing for me. |
| Parent Advisor was full of knowledge and helped me massively. The group was lovely, could be really open and honest with our experiences. Really enjoyed this group and its given me advice and strategies to help with my parenting.  |
| I come to these courses hoping to go away with at least just one thing that I can use to help my son. Like all of the courses I have been on, this one has provided me with plenty to take away. I am putting the things I have learnt into practice at home and the difference is plain to see. Parent Advisor always delivers these courses in a way that everybody can understand. Beautifully delivered and extremely helpful. This was a very good use of my time. Thank you very much  |
| Felt valued and understood. Parent Advisors went above and beyond in supporting me. I have been positively vocal about this course and have been recommending to others. I have been much calmer in my approach to my children's needs and although there is a long journey ahead I feel confident that I am more in tune with their emotional needs. |
| The programme and support has helped myself and my family in so many different ways. I have a more secure understanding of behaviours, strategies and approaches and as a whole feel more equipped and positive. |

TAKE 3 TEENAGE PARENT PROGRAMME

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| I found a lot of support from the course and helped give me confidence in some ways I was already parenting plus some tools to take away in particular concentrating on listening to my child and actually hearing and respecting what my child is saying |
| i liked the way things were explained was really good and that Parent Advisor took time out to explain it. liked the videos, enjoyed the other lady's in the group and the comments and the conversations  |

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1-1 BESPOKE SUPPORT

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| This support has been extremely beneficial to our family lives. We are better equipped to deal with the day to day issues that we were struggling with. Thank you 🙏  |
| Thank you so much for all the help and tips you’ve given us A. Life is much happier and calmer for us as a family. |
| A has been great, always there when I needed to talk and gave great advice for both children when I was struggling with various things. She also supported me through school meetings, I really felt I has someone on my side. Thank you so much :) |
| The calls were hugely valuable in helping us explore specific issues and family dynamics. They reinforced the circle of security themes and gave us time together as a couple to reflect and air things we might not otherwise talk about. We feel they helped us make great progress as a family at a time of change and challenges. Manda is very skilled. A has been absolutely fantastic at listening to me, really understanding where I was struggling and helping me see what was something I could try to fix. She also helped build my confidence and build me back up by reassuring me that my own actions were the right ones for me. I was really struggling with balancing the needs of my child with the relationship dynamics with my exhusband as well as lacking in confidence and A has helped me to work through those challenges and I can see a real difference across both my relationship with my child and the way I discuss things with my exhusband. |