Support and Skills for Military Families

Dedicated Support and Tailored Programmes for Parents in Service Families

www.youthoptions.org.uk

What's On Offer

Are you a service family in the Navy, Army, or Air Force, concerned about your child's behaviour or looking to enhance your parenting skills?

Youth Options targeted programmes provide tailored strategies to support you to address and manage your child's behaviour, workshops to boost your parenting confidence, and resources for emotional resilience.

We have a 5-week programme for parents of children aged 3-5 years, and a 10-week programme for parents of children aged 5-17 years. Sessions take place online to ensure we can offer support to families across Hampshire and Wiltshire.

Courses can be attended by either or both parents. We understand the pressures and commitments of serving families so provide catch-up sessions if you are unable to attend a session.

As a charity independent from the armed services, we can provide a confidential service.

The Programmes

Level 1 Support is ideal for all families, whether you're experiencing challenges with your children or simply looking to enhance your parenting skills. These sessions offer a solid foundation in Non-Violent Resistance (NVR) techniques, helping all parents improve their interactions with their children and preparing them for any potential future challenges.

Level 2 Support is designed for parents dealing with more severe issues, such as children displaying violence, aggression (including verbal), threatening and controlling behaviours, self-harm, anxiety-based compulsive behaviours, school refusal, and risk-taking behaviours. This programme provides intensive support to address and manage these complex challenges.

Contact us today!

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A Better Future

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