



Family Links

Louise's* Story

The Nurturing Programme helps parents develop strategies to cope with their children. However, it also helps them move forward with their own lives.

Louise came on a Family Links parenting course and went away with a whole new perspective on herself.

“ Attending a Family Links course was a life changing experience for me. Part of the course involves looking at your own childhood. I began to realise that things that had happened to me as a child had seriously affected me.



Suppressing Locking our feelings away, burying them, removing them from our conscious awareness.

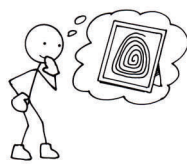
I wanted to be a good mother to my own children, but was really struggling because of depression and low self-esteem.



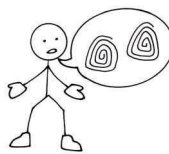
Bottling up Holding the feelings inside us; we may become so pressurised we eventually explode.

The Nurturing Programme gave me positive ways to help look after my children but most importantly showed me that I had to also look after myself. As a mother, I needed to nurture myself if I wanted to nurture my children.

Attending the course helped to rebuild my confidence and helped me to believe in myself. Although I attended the course many years ago, I still remember what I learnt.



Reflecting Accepting our feelings without being overwhelmed by them, thinking about them, reframing and resolving them.



Expressing Letting the feelings out: acknowledging them to ourselves, talking, taking safe action (e.g. crying, punching a cushion).



Letting go When we have taken notice of the messages our feelings bring, we can release them.

Today I work with vulnerable people and often use the empowering messages that I learnt from the Programme. One of the most important was that we can take control of our decisions even if our choices are very limited. This is what I did after attending the Family Links course; and gaining this confidence helped me back into work and led me to take on challenges that have been personally so rewarding. ”