



Anna Freud
building the mental
wellbeing of the
next generation

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Reflective Parenting Group for Special Guardians

**Are you experiencing challenges in parenting the
child(ren) who have joined your family?**



This group is here to help you to:

- your bond with your child(ren)
- improve your confidence
- understand the thoughts and feelings behind your child(ren)'s behaviour
- understand your own feelings and reactions

We offer an 8-week online psychoeducational group where you can meet other special guardians in similar situations.

If you think you may benefit from this group, please contact Liz Tyzack our Clinical Support Officer ASAP via email Liz.Tyzack@annafreud.org, or ask your social worker or support worker to make a [referral](#).

Visit our website for more information about what we offer:

<https://www.annafreud.org/parents-and-carers/adoptive-parents-special-guardians-kinship-carers-and-foster-carers/>

Our Patron: **Her Royal Highness The Princess of Wales**

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