



A 6-week virtual peer support group held in the evening for Dads with children under the age of 5 years, who are experiencing mild to moderate low mood / depression and /or anxiety.

<https://www.dorsethealthcare.nhs.uk/healthvisiting/parentalk-virtual-peer-support-group>



explores the emotional wellbeing of both parent and infant; supporting healthy parent / child relationships while offering the opportunity for men to meet with other Dads and get to know each other.



is an online group for 6-8 men and is facilitated by a health visitor and a Psychological Wellbeing Practitioner, via Microsoft Teams.



Each session lasts 1 to 1.5 hours.

The course programme:

- **Week 1 –**
Welcome- getting to know each other / group agreements / Explore the science behind how children's brains develop and how Dads influence this.
 - **Week 2 –**
How the role of Dad's can support healthy attachment.
 - **Week 3 –**
Making sense of baby behaviour
 - **Week 4 –**
Thinking about emotional management.
 - **Week 5 –**
Exploring family relationships / role adjustment
 - **Week 6 –**
How to support healthy sleep patterns for parent and child.
-



If you would like to take part in this group, please ask your family Health Visitor or a Psychological Wellbeing practitioner to refer you. Alternatively you can call our Admin teams on the number below and they will arrange for a health visitor to call you back:

- Bournemouth & Christchurch: 01305 363 043
- Poole: 01202 646 425
- East Dorset & Purbeck: 01929 557 593
- Dorchester & North Dorset: 01305 361 071
- Chesil & West Dorset: 01305 361 071

The course facilitator will then look at the referral and if this is the right group for your needs, they will contact you to introduce themselves to you and discuss more details about the group.

For Parents who attend the group:

- You will be sent an email invitation containing a link, each week for the ParentTalk session. Please note: all parents invited to the group will be able to see each other's email addresses on this invitation.
- You can click on the link a few minutes before the group is due to start, when you do this, you can sign in to Microsoft Teams as a guest and enter your name.
- You will then be asked to wait for a short time while the course facilitator lets you in.

This group is a new service development. We would value your feedback so that we can make sure that we offer the right support to families in Dorset.

