

## ARE YOU PARENTING ALONE?

South Cheshire CLASP reaches out and supports those in the local community who are affected by the difficulties associated with parenting alone, whatever their circumstances. We offer friendly support and encouragement to assist with the progression from crisis to wholeness and a positive future for the whole family.

For more information, please call us or have a look at our website, where you will also find a referral form.

CLASP's services are free but as a charity, donations towards costs are always welcome.



TO FIND OUT MORE, PLEASE CONTACT US AS FOLLOWS:



South Cheshire CLASP  
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www.southcheshireclasp.org.uk



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LONE  
PARENT  
FAMILY  
SUPPORT

registered charity no. 1188608

telephone 01270 250629





## CLASP'S EXPERIENCED AND CARING TEAM OFFERS THE FOLLOWING SERVICES:

- Counselling for parents
- Counselling for children and young people
- Family therapy
- One-to-one parent support
- Confidential listening
- Short courses for parents
- Coffee and chat
- Signposting to other services
- Volunteering opportunities
- Activities for children and young people
- Trips and events
- Occasional school holiday activities

South Cheshire CLASP believes that a child or young person should never experience abuse of any kind. We have a responsibility to promote the welfare of all children and young people and to keep them safe. We are committed to practise in a way that protects them.

## PRIVACY NOTICE

CLASP respects individual privacy. Any information will be kept secure and confidential and will not be shared without consent except in the circumstances of legitimate safeguarding concerns.

## WHAT OUR FAMILIES SAY...

“ I feel more confident to talk to new people and have learnt new skills. ”

“ The course has been informative, and it's been good to talk with other parents with similar difficulties. ”

“ Home is much calmer for all of us now. ”

“ Coffee and Chat has helped me get out of the house, and I feel less isolated now. ”

“ It's helped me see I'm not on my own. ”

