



PARENTAL ARMY

The Parental Army supports families with teens caught in violence, exploitation and similar trauma. Through personal experience, we know there's a need to offer parents practical support and advice, to break the cycle of isolation and sense of helplessness, when their young people suffer. We work together to make this possible, and we've put together a list of organisations we've found helpful, and we hope they'll be helpful for you.



YourCitySaysNo - We support parents and young people at risk or affected by violent crime. Our own experiences give us understanding of the contributing factors and we offer support to parents by talking together and pointing them in the right direction. We provide tailor made services for young people to create opportunities. We work with organisations nationwide to help and instigate improvements to youth and other services. **Contact:** www.yourcitysaysno.com



WalkwithMeUK - We equip parents, carers and guardians with strategies and tools to manage situations like school exclusions, SEND, grooming, exploitation that are due or linked to behavioural challenges amongst children and young people. To strengthen and rebuild relationships within families and communities using the Non-Violent Resistance (NVR) approach. **Contact:** info@walkwithmeuk.co.uk / www.walkwithmeuk.co.uk



Blindside - We help parents whose children have been affected by violent crime, whether as the victim or perpetrator, by providing personal and group sessions focused on emotional support, practical information, building skills and connecting parents to other organisations that can help the family. We enable parents to become more knowledgeable, confident, resilient people leading united families. We go at your pace and provide this service free of charge. **Contact:** [Caroline Mason, Angela Johnson on 07535 758033](#) / info@blindside.uk



Ment4 – We provide specialist one to one mentoring for 11 to 17year olds with emotional and behavioural difficulties, vulnerable to crime, exploitation, school exclusions, self-harm, learning difficulties. We help them to build trust, make good choices and reach goals, having fun on the way. We also act as champions for them and their families with schools and other services. **Contact:** info@ment4.org / www.ment4.org / 07752817882



Play Place – We support young people with local youth clubs, employability programmes, music studio, motorbike workshops, sports programmes, summer programmes, community bus. **Contact:** clairechacksfield@playplace.org / 01689 867 357 / www.playplace.org

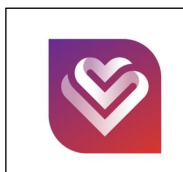


Jubilee Parenting – We run a range of courses and weekly support groups for parents, including those whose children have additional needs. Topics covered include building self-esteem, coping with feelings, understanding and managing behaviour. **Contact:** 07906 398017 / info@jubileeparenting.org / www.jubileeparenting.org



CDI (Croydon Drop In) – We support young people and families with free and confidential counselling, information, advice, advocacy services and family therapy. Our Outreach Team and TALKBUS mobile unit works with the community across the whole Borough on

site in schools, parks, shopping centres and residential areas. **Contact: 02086800404**
enquiries@croydondropin.org.uk www.croydondropin.org.uk



Rowland Brothers Foundation – We provide free bereavement aftercare and counselling, 1:1 and in groups. After a traumatic teenage bereavement we can help you process grief and advise on practical issues. We facilitate support groups via our 'Never Alone' informal drop ins and provide training for various organisations. **Contact: aftercare@rowlandbrothers.com 020 86841667**



ABCD [Asset Based Community Development] Community Builders – We build on the skills, knowledge and potential within the community, by supporting residents to follow their passions and set up their own informal initiatives, by making use of and linking up with assets in their neighbourhood. Based at Croydon Voluntary Action in collaboration with Home-Start Croydon, The Family Centre, Acorns 2 Oaks and St John's. **Contact: James.Moore@cvalive.org.uk 07943 382193**

Contact any of us, confidentially and together we can be a Parental Army
See our Instagram and Face Book pages for latest news and media