

WELLBEING FOR YOU

MOD 5 WEEK FAMILY EDITION

**STRONGER FAMILIES.
HAPPIER KIDS.
MORE CONNECTION. TOGETHER. ♥**

A welcoming 5-week programme for MOD families with children aged 0–11.
Enjoy fun, practical and supportive sessions that build wellbeing, confidence and connection for the whole family.



**STARTS
THURSDAY
25 JUNE**



**TIME
10:00AM –
1:00PM**



**VENUE
VC GALLERY
RIVERSIDE
HAVERFORDWEST**



5 CONSECUTIVE THURSDAYS (25 JUNE, 2 JULY, 9 JULY, 16 JULY, 23 JULY)

WHAT HAPPENS?



Mindfulness, fun & relaxation



Nutrition and cooking together



Emotional & mental health support



Attachment & gentle parenting



Bonding activities & creative play



Body awareness & movement

WHO IS IT FOR?



MOD families with children aged 0–11



Trauma-informed, safe, supportive and welcoming

Food, games, crafts, movement & connection!

5 WEEK THEMES

1

Nervous system regulation & emotional safety

2

Food, safety & connection
Bring a dish to share that represents your family!

3

Emotional expression & co-regulation

4

Touch, grounding & soothing strategies

5

Play, joy, food & next steps



Delivered by 1 female and 1 male facilitator. Sessions may include parent-child time together, parent-only time, or activities for children.



Flexible and responsive to the needs of the group. Activities may vary depending on group size, ages and what families need most.



Silbers CIC
Transforming lives through education, play & nature

COME AS YOU ARE. YOU WILL BE WELCOME.

We look forward to meeting you! ♥

Wellbeing For You – MOD Family Wellbeing Programme

Delivered by Silbers CIC

A welcoming, 5-week programme supporting parents and children through play, food, creativity, wellbeing and 1-2-1 practical support.

Flexible Delivery

As the programme is delivered by two facilitators (one male and one female), sessions may include opportunities for parents and children to work together, parents to meet separately as a group, or children to take part in activities with a facilitator. The balance will depend on group size, ages and the needs of participating families.

While weekly themes provide structure, activities may be adapted to best meet the needs and interests of the families attending.

Week 1 – Nervous System Regulation & Emotional Safety

Breath games, movement, grounding activities, calming crafts and co-regulation exercises to help children and adults manage stress and emotions.

Week 2 – Food, Safety & Connection

Families are invited to bring a dish or snack that represents their family to share with the group where possible. Through food, play and conversation, we begin building trust, safety and connection together.

Week 3 – Emotional Expression & Co-regulation

Creative expression, talking tools, music, rhythm and games that support feelings, communication and stronger family relationships.

Week 4 – Touch, Grounding & Soothing Strategies

Comfort-based activities, sensory tasks, calming rituals and safe attachment-building play.

Week 5 – Play, Joy & Next Steps

Celebration activities, shared food, reflection on strengths and discussion of future opportunities and support.

Practical Information

- Children must attend with a parent or carer.
- Please wear comfortable clothing.
- Refreshments will be provided.
- Participation is always optional and families are encouraged to engage at their own pace.

Silbers CIC – Transforming lives through education, play and nature.

