




Cardiff Parenting 0-18

Cardiff Parenting is for any family with a child or young person aged 0-18 living in Cardiff

Cardiff Parenting 0-18 are currently able to offer families:

GroBrain
for expectant parents and parents with children aged 0-12 months



Parents as Partners
for co-parents with at least one child aged under 11 years




Parent Nurturing Programme
for parents of children under 12 years



Strengthening Families Programme 10-14
for parents and young people aged 10-14 years



Talking Teens
for parents of pre-teens and teenagers aged 10 years and over



Teen Triple P
for parents of children aged 12-18 years



Parents First
1:1 psychology-led bespoke parenting is available for parents with children aged 0-18 years



To work with us, please call Cardiff Family Gateway on **03000 133 133**
or Email: **ContactFAS@cardiff.gov.uk**

