

# Is Self Harm Attention Seeking?

YES, NO AND EVERYTHING  
IN BETWEEN...  
WELL... IS IT?!



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## Who is this course for?

RAP is a four-workshop programme for young people (11-17) who are self-harming. Parents may attend a separate programme called FLASH to learn how to better support their young person. **(You are welcome to come to RAP even if your folks don't want to do FLASH)**

## What is RAP and what will I gain by attending?

RAP aims to create better communication and personal relationships between young people and their parent/carer and provide you with tools for dealing with the impulse of self-harming and self-harm itself.

RAP workshop's will be interactive, fun with positive challenges. Workshops will cover; 1. My teen self & my brain, Self-harm & realities. 2. How do we listen & self-esteem. 3. Me myself & I, the 'others' & how I manage tough times? 4. Managing the tough times and moving forward.

## Where is this Course held?

The workshop's will run in Colchester and Tendring.

## When does this course start?

Both RAP & FLASH (for parents) start in September 2018 and run on alternate Saturdays – contact us for details (see separate poster for FLASH).

## So, what do I do next?

You can ring us on 01206 562626 to find out more, or refer yourself by visiting [www.theministryofparenting.com](http://www.theministryofparenting.com)

At the top of the page click on Adolescents & Parents RAP. From the dropdown, menu choose 'referral form'. Download it and once completed send it back to us and we will get back to you with all the information you need. Send it to [info@theministryofparenting.com](mailto:info@theministryofparenting.com) and we will get in touch.

## So, is it attention seeking, or attention needing?



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