# **Emotional Coping Skills Group**

Bedfordshire & Luton Perinatal Mental Health Service

**Monday 6th February – Monday 3rd April 2023**

**Who is this group for?**

The group is offered to people accessing the Perinatal Mental Health Service in Bedfordshire & Luton who are currently experiencing difficulties tolerating and regulating strong emotions.

**How could the group benefit me?**

Having a baby can bring about huge changes and emotional challenges. Some of these challenges can be even more difficult for people who already experience difficulties with managing their emotions.

The group is designed to inform and help parents learn why we have emotions, what happens when we experience them and how we can respond positively to them. Each group member will finish the group with a “toolbox” of strategies and skills that they may want to develop further.

**Group Details?**

The group runs for 1-hour per week on a **Monday 11am – 12pm for 8 weeks via Microsoft Teams**. The group will be facilitated by the Perinatal Mental Health Team. **There will be no group on Monday 13th February.**

Each session will have a focus, and aim to assist in building skills to deal with emotions and times of distress more effectively. Each session will also involve some time to think about how this could apply to your baby, and your role as a parent to an infant. There will be homework to complete after each session and the opportunity to feedback about it in the next session.

At the end of the 8 sessions, you will have an individual appointment with one of the facilitators to talk through what you have learnt, any questions you have and to discuss your next steps. We will also ask you to complete a CORE-10 before and after the course.

**Will I have to talk?**

You do not have to speak, but the more you are able to contribute the more you will get out of the group. If you are not comfortable talking, there will be no pressure to do so. We do ask that you keep your camera on during the session. We will not be talking about individuals’ specific experiences in detail.

**What do I need to do to take part?**

If you are interested in joining the group, please speak to a member of the Perinatal Mental Health Team and they can refer you. One of our facilitators will then be in contact to talk through the details which will also give you an opportunity to ask any questions you might have.