

# Progeny

## Mind-Ed Sessions

### Parents and Carers

[https://www.mindedforfamilies.org.uk/Content/child\\_and\\_teen\\_development/#/id/59e0f981ba7e48516b170191](https://www.mindedforfamilies.org.uk/Content/child_and_teen_development/#/id/59e0f981ba7e48516b170191)

[https://www.mindedforfamilies.org.uk/Content/child\\_and\\_teen\\_development/#/id/59e0f981ba7e48516b17018f](https://www.mindedforfamilies.org.uk/Content/child_and_teen_development/#/id/59e0f981ba7e48516b17018f)

<https://www.mindedforfamilies.org.uk/young-people/top-parenting-tips/>

[https://www.minded.org.uk/Catalogue/Index?HierarchyId=0\\_48943\\_49165&programmeld=48943](https://www.minded.org.uk/Catalogue/Index?HierarchyId=0_48943_49165&programmeld=48943)

<https://www.annafreud.org/parents-and-carers/child-in-mind/>

<https://www.bbc.co.uk/cbeebies/joinin/help-children-cope-with-emotions?collection=parenthood-tips-and-tricks>

### Local Resources and Support

<https://www.plymouthonlinedirectory.com/plymouthlocaloffer/primary>

<https://www.plymouthpcv.co.uk/>

<http://www.plymouthias.org.uk/>

<http://www.routeways.org.uk/index.php/beckly-centre>

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