

Support and Advice for Families:

<p>Heads Up</p>  <p>HEADS UP Supporting families through life's challenges</p>	<p>Support for Parents/Carers through short courses/groups (formally Centre for Fun and Families): https://www.headsupleicester.org.uk/ Email: hello@headsupleicester.org.uk Tel: 0116 223 4254 The Grove Community Hub, Cort Crescent, Leicester, LE3 1QZ</p>	
<p>Young Minds</p> 	<p>Offer professional advice to parents around their children's mental health. Tel: 0800 018 2138 www.youngminds.org.uk</p>	
<p>Love4Life</p> 	<p>Supporting vulnerable girls to develop their self-esteem and form positive and empowering relationships through groups, 1:1 and workshops in secondary schools and the community.</p>	
<p>The Laura Centre</p> 	<p>For any family affected by bereavement www.thelauracentre.org.uk Email: info@thelauracentre.org.uk Tel: 0116 254 4341</p>	
<p>Family Action</p>	<p>Post sexual abuse intervention for children and carers of these children. Tel: 0116 216 8334 Email: Leicester@family-action.org.uk Web: www.family-action.org.uk/psa</p>	
<p>Talk2Sort - The Bridge</p> 	<p>Young People (ages 11-19) and Families Mediation Service Call: 01509 260 500 Free phone: 0800 038 5964 Web: https://www.thebridge-eastmidlands.org.uk/services/talk2sort</p>	
<p>Gingerbread</p> 	<p>Advice and support for single parents. Tel: 0800 802 0925 Web chat: https://www.gingerbread.org.uk/talk-to-us/</p>	