



BRIDGE THE GAP

01332 600827

INFO@JWBRIDGETHEGAP.COM

Expectant and New Parent Self-Care Support (working title in service as peri-natal and infant mental health hub)

Children under 5 welcome

NO BOOKING

Each week on the following days.

EVERY TUESDAY

Sinfon Children's Centre (family hub) DE24 9SF

11am-12.30pm

Derwent Children's Centre (family hub) DE21 6BD

1:30pm - 3:00pm

EVERY WEDNESDAY

Rosehill Children's Centre (family hub) DE23 6WY

9.30 -11.30am

Mackworth Children's Centre (family hub) DE22 4EQ

1.30-3.30pm

If they are nervous they can email Lauren to ask to meet outside before coming in.

Bridge the Gap Weekly Girls Group (at Bridge the Gap - All feminine identifying and/or non-binary children welcome, if you have concerns surrounding gender identity and attendance in this group please do not hesitate to get in touch, we'd be happy to help).

BOOK ONLINE

School years 5 and 6

Wednesday 8th November and ongoing weekly in term time.

5:00pm – 6:00pm

Paid for service.

£7.50

[Girls group for Girls aged 11 -15 years | Child Mental Health and Anxiety Support | Healthy Relationships and Friendships | Derby City \(jwbridgethegap.com\)](#)

Parent and Child Emotions Course

BOOK ONLINE

5-11 years

(4-weeks at Bridge the Gap)

Thursday November 9th – Thursday 30th November

5:15pm – 6:15pm

Paid for service.

£90 for all 4 sessions, including resources.



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[4 Week Emotions Course | Child Anxiety | Anger | Self-Esteem | Derby City | Mental Health](#)
[\(jwbridgethegap.com\)](#)

Compassionate Crafts (6-week Group session for children at the Community Room at Insomnia Café in Littleover)

BOOK ONLINE

7-11 years.

Monday 13th November – Monday 18th December

4:00pm – 5:00pm

Free to attend (online booking required)

[Compassionate Crafts | Bridge the Gap | Child Mental Health | Derby | Anxiety Support](#)
[\(jwbridgethegap.com\)](#)

Parent Drop-in (Community Room at Insomnia Café in Littleover)

NO BOOKING (but can register interest online).

All parents welcome.

Monday 13th November

9:30am – 12:00pm

Free to attend.

[Parent Support Drop-in | Bridge the Gap | Child Mental Health | Derby | Anxiety Support | Emotional Health \(jwbridgethegap.com\)](#)

Bridge the Gap Girls Group for girls in school years 7-10 (at Bridge the Gap)

BOOK ONLINE

All feminine identifying and/or non-binary children welcome, if you have concerns surrounding gender identity and attendance in this group please do not hesitate to get in touch, we'd be happy to help.

Every Monday

5:30pm – 6:30pm

Paid for service.

£7.50 per week.

[Girls group for Girls aged 11 -15 years | Bridge the Gap | Child Mental Health | Healthy Relationships | Derby \(jwbridgethegap.com\)](#)

Bridge the Gap Girls Group – for girls in school years 5 and 6 (at Bridge the Gap).

BOOK ONLINE

All feminine identifying and/or non-binary children welcome, if you have concerns surrounding gender identity and attendance in this group please do not hesitate to get in touch, we'd be happy to help.

Every Wednesday



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5:00pm – 6:00pm

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£7.50 per week.

[Girls group for Girls aged 11 -15 years | Child Mental Health and Anxiety Support | Healthy Relationships and Friendships | Derby City \(jwbridgethegap.com\)](#)

Parent and Child Anxiety Support Workshop (at Bridge the Gap)

BOOK ONLINE

11-16 years

Tuesday 14th November

5:00pm – 6:00pm

Paid for service.

£15

[Anxiety Support Workshop | Bridge the Gap | Child Mental Health | Derby \(jwbridgethegap.com\)](#)

Mindful Parenting Short Course (at Bridge the Gap)

BOOK ONLINE

All parents welcome.

Tuesday 21st November and Tuesday 28th November

6:30pm – 8:00pm

Paid for service.

£40 altogether for both sessions.

[Mindful Parenting Course | Bridge the Gap \(jwbridgethegap.com\)](#)

Anxiety Support for Worried Parents (at Bridge the Gap)

BOOK ONLINE

All parents welcome.

Tuesday 5th December

6:00pm – 7:00pm

Paid for service.

£5

[Anxiety Support - for worried parents | Bridge the Gap \(jwbridgethegap.com\)](#)

Parent and Child Self-esteem Workshop (at Bridge the Gap)

5-11 years

Strengths and Support Systems

BOOK ONLINE

December 7th 2023

5:15pm – 6:15pm

Paid for service



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£15

[Parent and Child Self-esteem Workshop | Anxiety | Child Mental Health | Derby](#)
jwbridgethegap.com

Parent and Child Grief/Separation Anxiety Workshop (at Bridge the Gap)

5-11 years

BOOK ONLINE

December 14th 2023

5:15pm – 6:15pm

Paid for service

£15

[Parent & Child | Separation Anxiety | Derby | Support | Bereavement and Loss Support](#)
jwbridgethegap.com

Supporting your Child's Mental Health Course for Parents (at Bridge the Gap)

BOOK ONLINE

Tuesday 9th January – 23rd January

6:30pm – 8:00pm

with an additional 'catch-up' session on 13th Feb 6:30pm – 7:30pm.

£55 for full course and catch-up session.

[Supporting your Child's Mental Health | Anxiety Support / Derby](#) (jwbridgethegap.com)

Parent and Child Emotions Course

BOOK ONLINE

5-11 years

(4-weeks at Bridge the Gap)

Thursday 11th January – Thursday 1st February

5:30pm – 6:30pm

Paid for service.

£90 for all 4 sessions, including resources.

[4 Week Emotions Course | Child Anxiety | Anger | Self-Esteem | Derby City | Mental Health](#)
jwbridgethegap.com

Self-harm Support Session (at Bridge the Gap)

BOOK ONLINE

All parents welcome.

Next session Tuesday 27th February 2024

6:00pm – 7:00pm

Free service



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[Self Harm Support Session for Parents | Bridge the Gap \(jwbridgethegap.com\)](https://www.jwbridgethegap.com)

BTG Open Day (at Bridge the Gap)

NO BOOKING

Saturday January 27th 2024

10:00am – 2:00pm

Free to attend.

Parent and Child Self-esteem Workshop (at Bridge the Gap)

5-11 years

Canvas creations – what makes me great!

BOOK ONLINE

February 14th 2024

5:15pm – 6:15pm

Paid for service.

£20

[Parent and Child Self Esteem Workshop | Bridge the Gap \(jwbridgethegap.com\)](https://www.jwbridgethegap.com)

Parent and Child Emotions Course (ONLINE)

BOOK ONLINE

8-12 years

(4-weeks Online. Resource pack sent via post.)

Thursday 29th Feb – Thursday 21st March

5:30pm – 6:30pm

Paid for service.

£90 for all 4 sessions, including resources.

[4 Week Emotions Course | Child Anxiety | Anger | Self-Esteem | Derby City | Mental Health \(jwbridgethegap.com\)](https://www.jwbridgethegap.com)

Behaviour and Mental Health Parent Empowerment Session (at Bridge the Gap)

BOOK ONLINE

All parents welcome.

Tuesday 19th March

6:00pm – 8:00pm

Paid for service.

£5

[Anxiety Support - for worried parents | Bridge the Gap \(jwbridgethegap.com\)](https://www.jwbridgethegap.com)



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Categories

Category	Service	Cost
Schools	<ul style="list-style-type: none"> • Training • 1:1 and small group support • Online Curriculum for Mental Health • Supervision <p><i>Schools who access and BTG practitioner or the online platform can access extras, including a reduction in the hourly training rate by £100 and coffee mornings/afternoons for parents with Nik and Jen.</i></p>	£250 per hour £150 per morning £1000 per year £60 per session
Community	<ul style="list-style-type: none"> • Compassionate Crafts Small Group Programme • Parent Drop-ins • Parent and Child Sessions • Expectant and New Parent Self-Care Support • Early Child Mental Health Support Hub 	FREE FREE Between £5 and £20 per session FREE FREE



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1:1's	<ul style="list-style-type: none"> • Emotional Literacy Support • Parent Support (in person or on the telephone) • Mental Health Assessments • ACT Therapy • Play Therapy • Counselling 	£45 per session (weekly) £45 per session £120 £60 per session £60 per session Means Tested (from £15 per session)
Training	For other organisations and corporations. Emotional Literacy, Child Mental Health, Training H.R. teams on supporting parents who's child is struggling etc.	£250 per hour with bespoke packages available.