

TOGETHERNESS

Bringing the Solihull Approach to the world

Herefordshire families: Build everyday emotional resilience!

Your free online learning. Big feelings, how the brain works, and relationship ideas for happier lives.

Herefordshire Council gives families free access to Togetherness resources to support wellbeing. For parents, carers, grandparents, and young people.

Learn from NHS clinical psychologists, practitioners, and other parents. The pathways will help you and your family understand and manage emotions in everyday life.

This is a free service for Herefordshire families!

<https://togetherness.co.uk/mul/herefordshire/>