



## **Togetherness: Online Parenting Courses**

**Free online emotional wellbeing programme for Lincolnshire families**

### **What is Togetherness?**

Togetherness is an NHS-backed online emotional wellbeing programme designed to help families in Lincolnshire build emotional resilience—from pregnancy through the teenage years.

### **Who Can Use It?**

- **Parents & carers:** Learn about child development and boost your confidence.
- **Grandparents:** Adapt parenting strategies for today's children.
- **Teenagers:** Self-paced learning to understand emotional and brain development during adolescence.

### **What You'll Get**

- **Structured Learning Pathways:** Antenatal & postnatal, Baby to early childhood, Primary school years, Teenagers & adolescence.
- **Expert and peer insights:** Clinical psychology content and real-life reflections.
- **Practical Resources:** Video explanations, printable guides.
- **Flexible and Accessible:** Learn at your own pace, anytime, from any device.

### **How to Access – Lincolnshire Families Only**

1. Visit <https://togetherness.co.uk/>
2. Enter the free access code: WE\_CAN
3. Create your personal account
4. Choose the pathway most relevant to you and start learning!

### **Benefits for Families**

- Boosts emotional resilience in children and adults.
- Enhances communication and relationships within families.
- Helps parents understand behavioural and brain development at each stage.
- Reduces stress during transitions (e.g., starting school, moving to secondary).

**Access code: WE\_CAN**

**<https://togetherness.co.uk/>**

The Safeguarding Team at Haven High offer pupils, parents and their family resources, advice, signposting and referrals that promote children's safety, safeguarding and wellbeing.

Our aim is that all the children at Haven High have the best possible outcomes.

Please get in touch if you are worried about a child or would like more information.

Email [safe@havenhigh.net](mailto:safe@havenhigh.net) or call the Year Hub on 01205 311979