



About Us

At Calm Together, we provide safe and supportive space for parents and caregivers to explore their child's needs when formal assessment criteria are not met. We work alongside families to identify strategies, interventions and practical approaches that make a real difference at home and in school. our aim is to empower parents with knowledge, confidence and the right tools to support their child's emotional wellbeing and development.

What We Offer

- *Advice and guidance*
- *Signposting to services*
- *Bespoke interventions tailored to each child*
- *Helpful resources*
- *Behaviour support*
- *Emotional coaching in schools.*

Contact Us

✉ Calmtogether@yahoo.com

🌐 Facebook: Calm Together

Together, we can build a community where families feel supported, seen and valued.

Supporting Emotional Regulation.

Calm Together



About Interventions

We provide early intervention support to help children build confidence, manage emotions and develop positive relationships. Our services are nurturing, child-centred and designed to support both children and families.

One-to-One Intervention Support

Individual sessions tailored to each child, working closely with parents and caregivers to provide consistent, practical support.

This support can be especially helpful when children:

- Do not meet assessment or referral criteria
- Present differently across settings (e.g. coping at home but struggling at school)
- Mask their difficulties or internalise emotions
- Leave parents feeling unsure how best to help

We support children experiencing trauma, challenging behaviour, emotional regulation difficulties, grief and anxiety, helping families better understand their child's needs and respond with confidence.

Group work in schools

Social Skills Group Work

Small, supportive group sessions where children learn and practise communication, turn-taking, cooperation and understanding friendships. Group work builds confidence and supports positive peer relationships.

Art Therapy

A creative therapeutic approach that helps children express feelings through art when words are hard to find, supporting emotional understanding, confidence and self-expression.

Emotional Regulation Support

Children learn to recognise and manage their emotions using age-appropriate strategies, helping reduce overwhelm, improve behaviour and build coping skills.

Early support can make a lasting difference

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