



## Who We Are

ParentingU is committed to raising awareness about the essential role of parenting in shaping future generations, with a focus on supporting Muslim, South Asian, and BME families.

Our mission is to empower communities to break generational cycles of parenting by promoting nurturing and positive caregiving, ensuring children are equipped with a strong foundation for their future.



With a team of dedicated professionals, we guide families in understanding their children's development and adopting effective parenting strategies. We offer a non-judgmental, confidential, and supportive environment. We provide support in English, Urdu, Hindi, Punjabi, Arabic, Dari, Farsi, Pashto, Somali and other languages upon request.

## Contact



[www.parentingu.co.uk](http://www.parentingu.co.uk)



[info@parentingu.co.uk](mailto:info@parentingu.co.uk)



+44 7813 607 006



**PARENTINGU**  
STRENGTHENING  
RELATIONSHIPS

**Every Family, Every  
Child - Supporting  
You with a Whole-  
Family Approach**

## What We Do

We offer accredited parenting programmes and personalised plans for families, including those with learning difficulties, disabilities, neurodiverse needs, mental health challenges, and trauma. Our services also assist families with children on Child Protection Plans, those under PLO, or needing help with Interim Care Orders, Supervision Orders, or Letters of Intention. Our package cost includes an initial assessment and genogram, as well as comprehensive summary reports and resources. We offer flexible delivery options, including in-person group sessions, one-to-one support, hybrid models, online sessions, and tailored packages for individuals.



*Are you dealing a case where cultural understanding is crucial? ParentingU provides culturally sensitive support, recognising the beliefs and backgrounds of parents. If you require assistance with a challenging situation, please get in touch to discover how we can help.*

## Free Consultation

After receiving a referral, we review the case with our team to discuss how we can best support the parent or family. If we're unable to provide the necessary assistance, we'll connect you with one of our partner agencies. You can also book a FREE 30-minute consultation to discuss the case before making a referral.

## Why Choose Us

The UK's leading service supporting diverse families by breaking cultural and language barriers.

At ParentingU, we support families on their parenting journey by listening to their stories, building trust, and creating tailored plans that meet their unique needs. Whether working with parents, grandparents, relatives, siblings, friends, or foster carers, we offer specialised support to help them succeed in their caregiving roles. We provide the right support, with care that truly understands where families come from and what they need to thrive.

Our highly trained staff deliver programmes in multiple languages and bring extensive expertise in working with diverse communities. With our empathetic approach and experience, we are the ideal partner for children's services and social care.

