



Parenting workshops for families whose children have additional needs.

9 week block of sessions
Starting September 2025

Sign up and fill in your details to
recieve more information.



What to expect



Lunch &
Refreshments



Location
Urban Community
Project



Relevant
Workshops &
Planned
Activities

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Mellow Ability aims to support parents and their children with additional needs to enjoy resilient, emotionally thriving lives. The focus is creating a safe space, reducing social isolation and pressure, and building stronger relationships to improve children's development.

Learning Outcomes

- Sharing experiences and creating bonds with peers.
- Understanding our children as they are.
- Building hope and promoting proactivity.
- Shaping our children's future and decreasing social isolation.

"You have given us so much. Friendship, laughter, a few tears and most importantly, hope for the future"- Mellow Ability Participant.

Who Are Mellow?

At Mellow, we want every child in the world, to be part of a nurturing family that allow them and future generations the best possible start in life. We focus on strengthening relationships and improving whole family wellbeing.