



Regulate & Rise: A Charity Supporting Families Before Crisis

What is the workshop?

Regulate & Rise Pilot is a **4.5 hour small-group workshop** for young people and their primary caregiver to attend together.

The session combines:

- simple, accessible education about stress and how the nervous system works
- practical techniques to help regulate the body during moments of anxiety or overwhelm
- exercises that strengthen connection and communication between young people and caregivers
- a carefully supported challenge activity designed to build confidence and self-trust

The workshop is **not therapy and does not involve sharing personal histories or diagnoses**. Instead, it focuses on practical tools and experiences that families can take away and use in everyday life.

The session will include regular breaks and opportunities for reflection and discussion.

Who the workshop is for

This pilot workshop is designed for:

- Young people aged 12–16
- Attending alongside a parent or primary caregiver
- Families who feel their child is experiencing stress, anxiety, overwhelm or reduced confidence
- Young people who may struggle with everyday challenges such as school pressure, social situations or emotional regulation
- Families interested in learning practical tools to support wellbeing and resilience

No prior experience of this type of work is required.

Who the workshop is not suitable for

Regulate & Rise is a **preventative, skills-based programme**, and it is not appropriate for young people who currently require specialist or crisis mental health support. We anticipate 8-10 children and their care-givers in attendance, and your young person should be comfortable participating in this size of group.

The workshop may not be suitable if a young person is:

- Currently under **CAMHS or specialist mental health care for acute needs**
- Experiencing **active suicidal thoughts or self-harm**
- Experiencing **severe behavioural distress or emotional crisis**
- Unable to participate safely in a small group environment
- Uncomfortable participating alongside a caregiver

If this is the case, we may be able to help signpost appropriate support services.

What participation involves

Participants will:

- Attend the full 4.5 hour workshop together
- Take part in simple discussions and practical exercises
- Have the option to take part in a supported confidence-building activity
- Provide feedback to help shape the future development of the programme
- Parents will be invited to attend an essential Zoom online call before the workshop, lasting up to one hour where you will be given more detailed information about what to expect and have the opportunity to ask any questions or raise any concerns

Participation in all activities is voluntary, and individuals may choose to observe or opt out at any time.

The results we are looking to achieve

Families leave Regulate & Rise with:

- a shared understanding of stress and regulation
- practical tools they can use immediately
- increased confidence and emotional safety at home
- stronger resilience during everyday challenges
- ongoing access to publicly available resources

Over time, this means fewer crises, less escalation into specialist services, improved wellbeing and better life chances for children and young people.



Why we are running a pilot

This workshop forms part of the development of the Regulate & Rise programme. The aim is to test the format, gather feedback from families and refine the approach before expanding the programme more widely.

Your feedback will help shape how the programme develops in the future.

Date & Location

This workshop will run from 12pm-4.30pm on Saturday 9th May 2026 at Life & Light Chiropractic, 1 Braehead, Penicuik, EH26 8PP

Next steps

If you feel this workshop may be a good fit for your family, please complete the short expression of interest form.

[Please complete this Google form](#)