

# Families Together

Time for Children . Time for Parents . Time Together

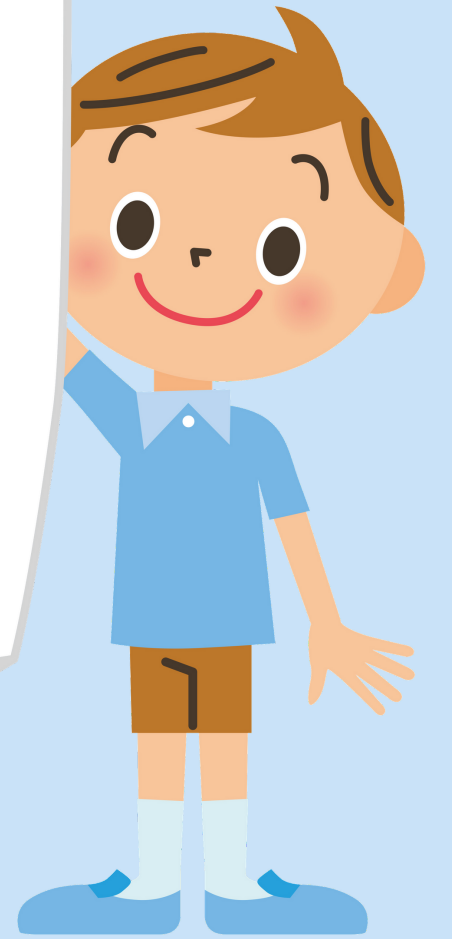
Families Together provides you with the tools to improve family relationships.



# Families Together

Our services are...

- ★ Free
- ★ Confidential
- ★ Your choice



## Wee Workshops

1 – 2 hrs

- ✓ Topics of interest
- ✓ Info & tips
- ✓ Meet other parents & carers

## Parenting Apart

2 hrs a week for 6 weeks

- ✓ Group Programme
- ✓ Info & tips
- ✓ Meet other parents who have separated

## Time for Parents

- ✓ Listening Ear
- ✓ Support
- ✓ Come & have a chat about any parenting issue

## Time for Children

- ✓ Child counselling for children who may need support expressing themselves
- ✓ Uses art, music, play and drama

## Time Together

1.5 hours for 6 weeks

- ✓ Group workshops for parents & children during school hours
- ✓ For up to 8 families with children of similar age

## Time for Me

- ✓ Informal chat about anything that you want to discuss
- ✓ Meet at school or in your home
- ✓ Signposting to appropriate services

## Parenting Platforms

- ✓ Interested in joining a Walking Group or Parenting Café?
- ✓ Have you got another idea for a Parent Group?

## Fun Events

- ✓ Annual event
- ✓ During Parenting Week (end of October)
- ✓ Family Friendly
- ✓ Activities and support