



Family Lives Face-to-Face Individual Support

Individual Support – Level 2

Level 2 targeted early intervention service, designed to support parents who are struggling with complex and entrenched problems and who are willing to seek support to make changes in their lives. Within a safe and confidential environment this service is designed to prevent parents' and families' needs from escalating by providing structured support, developing new coping strategies and child behaviour management.

6 x 45 minute face to face sessions held weekly.

Individual Support – Level 1

For families with no identified additional needs (universal) parents/families can get up to 6 sessions with a support worker who will listen and work alongside parents to help identify and define issues, help to think of ways to change the situation and signpost or refer to further support if needed.

Groups

A wide range of 2 hour topic based groups ranging from 2- 7 weeks to support parents through the challenges of family life

If you would like further information about these services including how to commission support for your clients please contact Katie Dare at katied@familylives.org.uk or visit our website www.familylives.org.uk

For immediate and free 24 hour family support contact our helpline **0808 800 2222**