



## FAMILY HELP COMMUNITY DROP-IN'S















We know that every family will experience challenges and difficulties at different times in their and their children's lives, and that this is completely normal!

We also know that sometime these problems can start impacting on family life, and at times, "asking for help" either seems too daunting or embarrassing, or you may have no idea where to go or who to ask for support

We want to make sure that every family has access to the right help at the right time in the area where they live. Therefore, our Family Help Team is now offering regular drop-in sessions at various locations across the borough, so that parents, carers, grandparents, and others can come in and speak to one of our trained practitioners who will be able to offer advice, guidance, and support, or signpost you to the right service that can help.

We can offer one-one advice on a range of topics such as:

-  Parenting
-  Mental Health
-  Schools & Colleges
-  Finances
-  Parental Conflict
-  Friendships
-  Sexual Health
-  Domestic Abuse
-  Family Relationships & difficulties
-  Substance misuse
-  Housing
-  General worries or queries

For information on your local Drop-in's follow our Facebook page:

**Bury Family Help Service**

