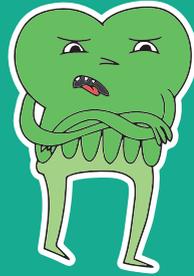
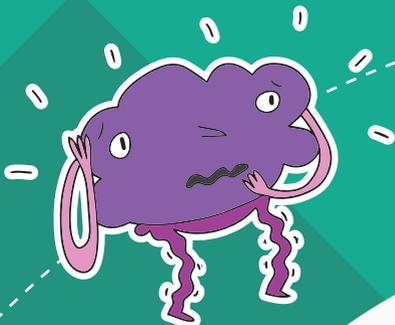
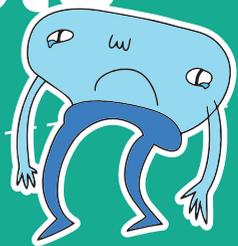


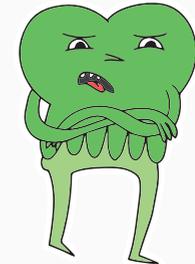
Holding Families guide for children & young people



Working together towards positive change



Holding Families helps families when parents or carers are using drugs or alcohol. You will have two family meetings, one at the start and one at the end. In these meetings you will be supported to talk to your parents or carers about how you feel about what is going on in your family and how it affects you.



In the Holding Families meetings you will be able to talk together as a family about the changes you would all like to make. You can talk about what you are doing well as a family and things that are not going so well. With the help of Holding Families, your parent/s / carer can start to make better choices so everyone is happier and healthier.

What will Holding Families do for me?

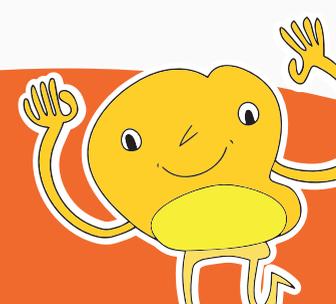
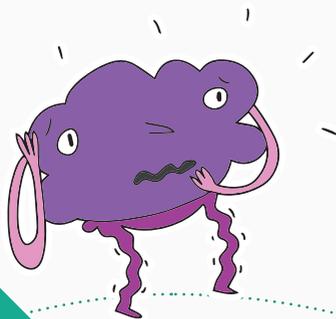
You will have your own worker who will see you once a week in a safe and suitable place such as school. Your friends will only know if you choose to tell them. Your sessions with your worker can be creative; you can express your thoughts and feelings by playing games and doing activities such as drawing, painting, making things or just talking. Your worker will also help you prepare for things you want to talk about in the family meetings. The meetings are a safe space for you and your family to work through problems together.

What will Holding Families do for my family?

Your parent/s / carer will also have their own worker who will support them to make changes so that family life and relationships can be better. Their worker will see them every week and be there to listen and help.

What is the 'Family Day' and 'Celebration Day'?

These are fun days where families come together and celebrate the positive changes you have made together as a family. The 'Family Day' is in the middle of the programme and the 'Celebration Day' is at the end of the programme. There are lots of fun activities on these days and plenty of party food! We have the family day in the middle of the programme and the celebration day at the end of the programme where all the families come together and celebrate the positive changes you have made together as a family.



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“We’ve been able to talk more as a family.”

**“They helped us because my Dad was
ruining our family by drinking alcohol.”**

**“It helped to stop my Mum and Dad
arguing so much.”**

**“My Worker helped me by being there
when I needed someone to talk to.”**



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