

Criteria

- We will work with individuals or couples but they must be willing and committed to engage in all sessions of the programme.
- This is a preventative programme and not suitable for high risk families.
- This programme is not suitable for people whose primary need is alcohol/drug misuse.
- We cannot support those with recent high risk criminal conviction or who may be deemed to pose a risk to staff and others.



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Are you a man who would like to be a better Dad
or would like to build a stronger relationship with your partner?

Are you a Mom who would like a better relationship
with your partner?

Are you a parent who would like more time together
with your children as a family?

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The Families Together Programme recognises that there are many difficulties families will experience which could lead to family conflict and develop into more severe problems if left unresolved. Families Together is a unique programme designed to support men, women and children to recognise and overcome domestic abuse, enabling families to develop their awareness, confidence and self-esteem. Ultimately supporting families to feel safer and have the tools to improve their family relationship.

The programme is delivered in three elements:

Supporting Men...

'Any Man Can' is a 12 week programme, each session is approximately 2.5 hours per week. The programme explores the following topics:

- Exploring the "Boy Code" and being a man
- Developing Vulnerability
- Understanding Anger
- Family Matters
- Responsibilities and Relationships
- Me and My Identity
- My Dad and Me
- Consent, Love and Sex
- Communication and Assertiveness
- Future Planning



Supporting Women...

The Women's Toolkit is a 10 week programme, each session is approximately 2.5 hours per week. The programme explores the following topics:

- Recognising Abuse
- Introduction to Self-esteem
- Self-esteem, Coping and Psychological Wellbeing
- Effects of Abuse on Children and Parenting Skills
- Power of Positive Talk
- Anger and Conflict
- Assertiveness
- Boundaries and Trust
- Keeping Safe
- Losses and Gains
- Healthy Relationships

Family Sessions...

There will be a number of family centred sessions tailored around the needs of the family and designed to bring the family together to experience fun and enjoyable activities and develop lasting memories.

