

# Holding Families guide for parents

Working together towards positive change

Our support may begin with drug and alcohol misuse but offers a progressive holistic approach addressing many areas of families' needs.

# The Holding Families programme provides whole family support for children and family members affected by parental substance misuse. Interventions are centred around the voice of the child. We work with parents and carers at any stage of their recovery from drugs and alcohol use.

## What does the programme involve?

- The Holding Families programme offers your family:
  - Weekly one-to-one sessions for children with their own worker.
  - Fortnightly group work sessions for parents.
  - Fortnightly one-to-one sessions for parents.
  - Family meetings that enable children and young people, with the support of their worker, to tell parents/carers how they feel.
  - Service user group.
  - Support for concerned others.
  - There is a 'Celebration Day' at the end of the programme to mark the families' achievements.

## What will it offer us?

- Communicate better as a family and build strong relationships.
- Understand how substance misuse impacts on your children and help your children express their feelings and wishes.
- Access wider support, for example: housing, benefits and debt, address your emotional and physical health needs, training and employment needs, support you to attend appointments, access to treatment services, apply for grants and funding for the benefit of your family.
- Reimburse your transport costs for attending the parent group sessions.

## What is the aim of the programme?

- To give your whole family the opportunity to talk about any problems caused by alcohol and drugs.
- To allow your children's voices to be heard by you as parents/carers and workers involved.
- To help your family safeguard each other from harm.
- To empower your family to make positive decisions on the changes you would like to make to help improve family life.

**82%**  
reduction in  
domestic abuse

**60%**  
improvement in  
school attendance

**82%**  
reduction in  
homelessness

**65%**  
reduction in  
offending

**72%**  
improvement in  
family relationships

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**“I was a heroin addict for nearly 17 years. My daughter was in foster care, removed at 10 months old due to domestic violence. I have been clean for 3 years from street drugs and 1 year from methadone. My son is in college and I got my daughter back from care 2 years ago. If it wasn't for Holding Families my life and my children's lives would've gone badly.”**

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**“I think it's really good and you learn more things about children and how the family should be. How the children feel scared, upset and not right when parents are using. It was a good thing that the children had their own worker to tell their problems to.”**

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



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