Holding Families guide for children & young people

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

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.
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.

What will Holding Families do for my family?

Your parents/carers 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’ve been able to talk more as a family.”

“They helped us because my Dad was ruinong 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.”