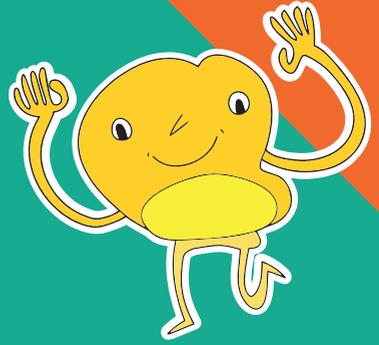
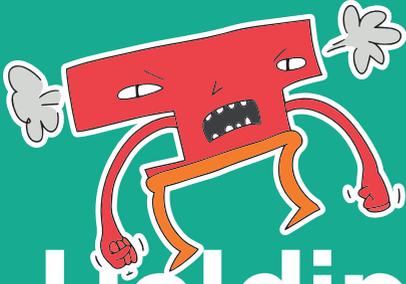
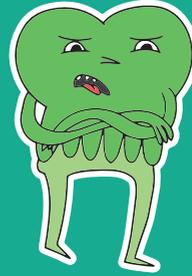


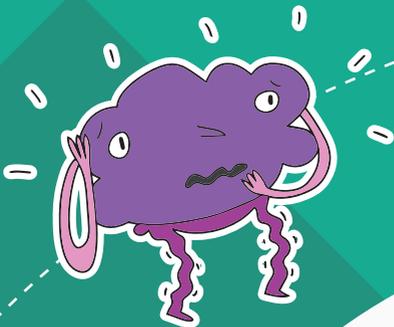
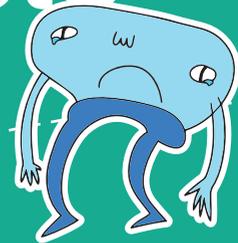
**& Early
Break**



Holding Families guide for children & young people



Working together towards positive change

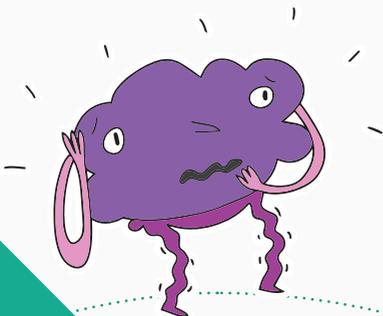


Holding Families helps families when parents are using drugs or alcohol. You will have two family meetings at the start and one at the end. In these meetings you will be supported to talk to your parents or carers about what is going on in your family and how you can help.

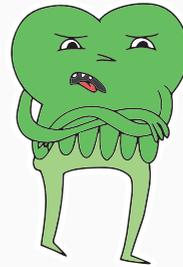
In the Holding Families meetings you will be able to talk together as a family about the changes you would all like to make. You can talk about what you are doing well as a family and things that are not going so well. With the help of Holding Families, your parents/carers can start to make better choices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



Parents or carers are
involved in family meetings, one
to one meetings you will be
able to discuss about how you feel
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!





info@earlybreak.co.uk

T: 0161 723 3880

F: 0161 723 5544

Early Break,
Annara House,
7-11 Bury Road,
Radcliffe, M26 2UG

earlybreak.co.uk

f t i @EarlyBreakUK

“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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