

# Families in Mind



## What is Families in Mind?

Our service provides low level family support for families who are experiencing some challenges/difficulties they would like to work through together.

**Who is the service for?** - this might be the right service for your family if you would like to:

- Explore and share difficult emotions in a safe place
- Learn productive ways to communicate
- Explore the great strengths of your family
- Identify the different roles of your family members
- Identify issues that can contribute to conflicts
- Find solutions together as a family

**What does it involve?** - our practitioners will work with your family through a range of engaging activities that can help you to understand your difficulties and achieve goals as a family.

**How do we access?** - you will have a family assessment where we find out a bit more about your family situation to see if this service is right for you. If not, we will provide information on other local services that may be able to support you at this time.

To book an assessment:

**Call:** 0161 330 9223

**Email:** [office@togmind.org](mailto:office@togmind.org)



: @YiMind

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