

Quotes:

“We know from our experience that offering a child and their family support at an early stage during difficult times can have a huge impact.”

Project Worker

“Staff helped me when I most needed them.”

Young Person

“It helped me to know I wasn't on my own.”

Parent

If you want to find out more about our service please contact us at:

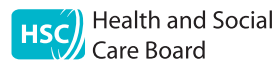


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an innovative service
to support
young people
and their
parents





What is Choices Family Support Service?

THE Choices Family Support Service aims to support families with young people aged between 10 and 17 who are:

- Experiencing problems with their mental health and emotional wellbeing
- Living in situations which give rise to concerns about their care
- At risk of offending
- At risk of becoming homeless
- Living with parents who may be experiencing mental health problems or domestic violence.

Who we are?

Choices Family Support Service is a partnership involving Youth Justice Agency, Action for Children, Barnardo's NI and Ballymena and Larne Volunteer Centre.

This service is funded by Northern Health & Social Services Board.

How do we support young people and families/carers?

- Individual support work
- Group work
- Family support
- Parent support groups
- Intensive therapeutic support work
- Mentoring

Anyone can refer

Text Service for Young People

07786 205 992

How we can help young people?

Through:

- Individual work
- Group work
- Family support

This can help young people deal with:

- Drug/alcohol misuse
- Relationships
- Confidence building
- Dealing with conflict
- Getting on with others

Things we can do:

Outings, activities and social events which provides an opportunity to:

- Improve life skills
- Improve life at home
- Make new friends

How we can help parents?

We can help parents to:

- Deal with disruptive behaviours
 - Talk things through with their children
 - Build their confidence
 - Manage stress
- 