

# Families Together

Time for Children . Time for Parents . Time Together

The Families Together project aims to improve family relationships.

## Time for Parents

Group Time for Parents will support you to explore what it's like for you being a parent. Along with other parents you will learn new skills and make friends in a relaxed setting.

One to One Time for Parents will give you time to explore and discuss any parenting issues at your own pace with a family support worker.

## Time for Children

Time for Children will provide children on a one to one basis time to explore and understand their feelings using a range of activities along with a play therapist.

## Time Together

Time Together is a 6 week programme for parents and children to spend an hour and a half a week together having fun and learning about each other's needs and strengthening your parent to child relationship.



# Want to know more about the Families Together Project?

## ANTRIM COORDINATOR

Call: 07887429015

Email: [antrim@parentingni.org](mailto:antrim@parentingni.org)

## STRABANE COORDINATOR

Call: 07887429054

Email: [strabane@parentingni.org](mailto:strabane@parentingni.org)

## PARENTING NI HELPLINE

Call: 0808 8010 722



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