

## Criteria

- We will work with individuals or couples but they must be willing and committed to engage in all sessions of the programme.
- This is a preventative programme and not suitable for high-risk families.
- This programme is not suitable for people who's primary need is alcohol/drug misuse.
- We cannot support those with recent high risk criminal conviction or who may be deemed to pose a risk to staff and others.

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**Are you a man who would like to be a better Dad  
or would like to build a stronger relationship with your partner?**

**Are you a Mom who would like a better relationship  
with your partner?**

**Are you a parent who is worried about conflict in your relationship  
and how this may be impacting your child/children?**

The Families Together Programme recognises that there are many difficulties families will experience which could lead to family conflict and develop into more severe problems if left unresolved. Families Together is a unique programme designed to support men and women to recognise and overcome unhealthy and low-level abusive relationships. Also support parents to develop their understanding of how unhealthy and abusive relationships could impacts their children and parenting skills. Ultimately supporting families to feel safer and have the tools to improve their family relationship.

**The programme is delivered as follows:**

## Supporting Men...

'Any Man Can' is a 12 week programme, each session is approximately 2.5 hours per week. The programme explores the following topics:

- Exploring the "Boy Code" and being a man
- Developing Vulnerability
- Understanding Anger
- Family Matters
- Responsibilities and Relationships
- Me and My Identity
- My Dad and Me
- Consent, Love and Sex
- Communication and Assertiveness
- Future Planning



## Supporting Women...

'The Women's Toolkit' is a 10 week programme, each session is approximately 2.5 hours per week. The programme explores the following topics:

- Recognising Abuse
- Introduction to Self-esteem
- Self-esteem, Coping and Psychological Wellbeing
- Effects of Abuse on Children and Parenting Skills
- Power of Positive Talk
- Anger and Conflict
- Effective communication and Assertiveness
- Boundaries and Trust
- Keeping Safe
- Healthy Relationships



## One-to-one support...

Providing up to three sessions which may include assessment exploring DVA, impact of DVA on children, signposting and safety planning where appropriate.