

Families – we're here for you



Family life isn't easy. Whether you are a mum, dad, step-parent or grandparent, raising children can be the greatest joy in the world, but it's not the easiest of jobs. You'll feel every emotion along the way – love, pride, joy but sometimes there'll be despair, fear, rage, grief and confusion.

Every day there are challenges and demands. You may be juggling work, dealing with financial insecurity, long distances between family and friends, pressures of providing or arranging childcare as well as perhaps responsibilities of looking after your own parents, and all this on top of the stresses and strains that our children face growing up.

Sometimes, with all these pressures it is difficult to know who to turn to. Family Lives (previously known as Parentline Plus) is a national charity set up to respond to the needs of families, particularly parents and other adult carers. We offer services which are often run by parents themselves, who understand first hand the challenges of family life. We aim to help you get the support you need whatever the problem or situation.

Contact Family Lives

You can contact us about anything that is worrying you. We get calls about a range of issues affecting parents and their families from having a new baby, dealing with conflict or divorce and separation or starting a new relationship, emotional or behaviour problems, to issues with teenagers, school, homework, sleep or eating patterns.

Our services

Families come in all shapes and sizes. As well as parents, grandparents, foster carers, step-parents, relatives and friends all contribute in raising children. Our services are designed to help anyone caring for a child.



"I found the whole service very helpful. The woman that was contacting me always rang on time, was an excellent listener and gave me lots of very helpful advice including sending me out information leaflets." Parent

Working in communities

We have a strong presence in local communities: our offices are located across England. We offer tailored local services including drop-in sessions, face-to-face parenting courses, visits to schools and

groups and workshops on specific issues like bullying, handling difficult behaviour or boosting children's confidence. Visit our website at www.familylives.org.uk to find out what's on offer where you live.





Visit our website –

www.familylives.org.uk

Visit www.familylives.org.uk for a wealth of information on all aspects of family life. We offer a huge range of articles, as well as online activities including comics and interactive quizzes to help you discover new ways to handle daily dilemmas. There is also a busy online community

and the opportunity to blog on any family-related subject. We also have dedicated section on key issues such as bullying and dealing with teenagers.

"I have only joined this website tonight and no longer feel alone." Parent

Helpline–

0808 800 2222

Talk confidentially and for free (from all landlines and most mobile networks) on any family-related issue. Parentline is answered by trained staff and volunteers who all have parenting experience. We can offer counselling-based support – ideal for complex family problems that need working out over time. You can also call the helpline for free via the internet using Skype: visit our website at www.familylives.org.uk to find out more.

"I have used your Parentline many times – fantastic, amazing. I have never had anyone who has responded in anything less than a supportive way and I would recommend Parentline to all."

Parent





Family problems? We can help.



Free¹ confidential helpline
on **0808 800 2222** for advice,
information and support on any aspect
of parenting and family life



Or Skype us via our website –
www.familylives.org.uk

We offer advice and information as well
as extended support for complex and
difficult issues.



Face-to-face support groups and
workshops. Find out what is available
in your area at –
www.familylives.org.uk/localsupport



Online advice and information on
all aspects of parenting and family life

Give and receive support and advice from
other parents and adult family members
experiencing similar problems –
forum.familylives.org.uk/forum

Advice and information for professionals
working with families at –
www.familylives.org.uk/professionals

¹From landlines and most mobile networks.

