

WHAT FAMILIES WHO HAVE ATTENDED OUR SERVICE SAY ABOUT FAMILY THERAPY

They listened to all my concerns without judgement. I would say that it worked for my family and I am really glad I went.

I would recommend Family Therapy; it helped us get through a really difficult time. Hard at first but definitely worth persevering with because progress does not happen overnight

It was a life saver to us: we understand each other better and listen to each other – no blame and you were not forced to talk if you did not want to.

I found it helpful that my Mum and Dad were in the meetings along with me so that they knew what was going on in my life as were not able to talk about things like this outside Family Therapy meetings.

The most helpful aspect of the Service was how it helped me express how I was feeling to my family - as that was something I really struggled with.

I found that the support given by Family Therapy was most helpful as it brought me and my Mum closer.

It made me sit up and be proud of my job as a mother, thanks.