

What some of the young people and parents have said...

ACTION FOR CHILDREN PARENTS

- Thanks for giving me a second chance in life
- Thanks so much for everything you've done and for all that you continue to do

YOUNG PEOPLE

- Without your help I wouldn't be here
- You helped me get a life and mates

BARNARDO'S PARENTS

- A friendly voice and face to talk to made working out problems easy
- I would recommend Choices to others as they have helped my family

YOUNG PEOPLE

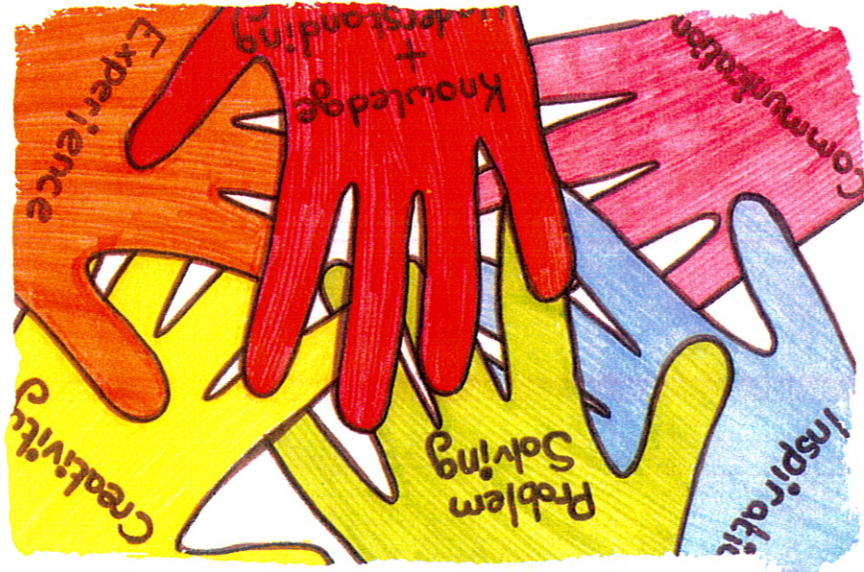
- It was good getting me and my mum back on speaking terms
- Choices helps you think about things in a different way

THERAPEUTIC WORK

Action for Children
 Choices Family Support Service
 4a Steeple Road
 Antrim
 BT41 1AF
 Tel 02894461545
 Mob 07793647044

PROJECT WORK
 Barnardo's, 36a Westland Road
 Magherafelt BT45 5AY

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SUPPORTING FAMILIES
 TO STAY TOGETHER

an innovative service
 to support
young people
 and their
parents



A Service delivered in partnership by
 Action for Children and Barnardo's



Believe in
 children
 Barnardo's
 Northern Ireland

R U a 10 to 17 Year old?

DO U LIVE IN THE NORTHERN TRUST AREA?

R U AFFECTED BY ONE OR MORE OF THE FOLLOWING?

- Possibility of a family breakdown
- Struggling with emotions
- Experiencing difficulties with a relationship
- Losing out on your education
- Risk of offending

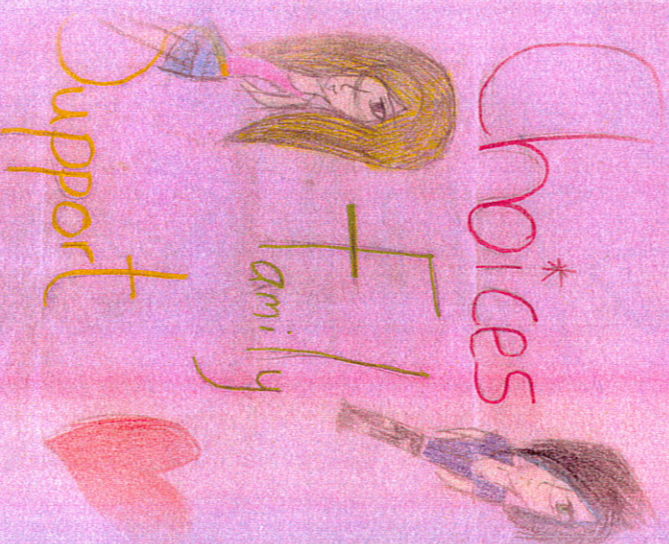
If so...

WE CAN HELP BY...

- 1 - 1 support for young people
- Family work
- Group work
- Support for parents
- Volunteer mentoring

THROUGH OUR TEAMS OF...

- Volunteers
- Project workers
- Therapeutic workers



SUPPORTING YOUNG PEOPLE WITH...

- Anger management issues
- Behaviour management issues
- Bullying
- Drug / alcohol misuse
- Relationships
- Confidence-building
- Anxiety
- Social isolation
- Getting on with others
- Low mood
- Experiences of trauma
- Improving life skills
- Gaining new experiences
- Improving life at home

We aim to enable young people to make positive choices and express ambitions for the future.