



## About Families Together

The Families Together Project provides support to families facing multiple and complex needs including those living with mental ill health and/or experiencing domestic abuse, with a particular focus on supporting families in the perinatal period (the period leading up to and following the birth of a baby).

The project supports families to overcome the challenges they face through tailored support for all family members, increasing their confidence, wellbeing, and resilience, ensuring the safety of all family members and developing their capacity to plan for the future.

Working in partnership with other local agencies we identify issues around mental health, domestic abuse and family conflict early, and deliver tailored support to prevent issues escalating.

### Service address

Families Together,  
Hastings House,  
Fitzalan Place  
Cardiff  
CF24 0BL  
Tel: 02920 789732  
Email: [familiestogether@family-action.org.uk](mailto:familiestogether@family-action.org.uk)  
Web: [www.family-action.org.uk](http://www.family-action.org.uk)

**Families Together**  
**Break4Change Cymru**  
Helping families overcome challenges  
by providing personalised support



72% of families completed the programme and were able to break the cycle of violence and abuse in the home

A Social Worker told us that “Break4Change has been the best thing for this family”

### What is Break4Change Cymru?

Break4Change Cymru is a programme that supports parents/carer's and young people in building healthy relationships.

The programme aims to help the family break patterns where a young person in the home is:

- Controlling the home environment
- Being violent or aggressive towards the parent
- Putting a parent down
- Making threats

The programme is for parents and young people who are willing to make changes in how they communicate with each other and to improve home life. They will see a more healthy way of communicating, so that they feel equipped to continue to build a stronger relationship in the future

**Work on issues through creative work:** The young people group can use a range of creative media, such as - graffiti, lyric writing or artwork that they can take away with them at the end of the programme.

**Friendly team:** The Break4Change Team will arrange a meeting at a location convenient to you to explain what the programme is about and make sure it is the right support for them. When the families come to the first session, they will already have met some of the team they will work with.

**A restorative conversation:** We use film to create a conversation between the parent and the young person

to repair the harm done to their relationship. They are able to ask and answer questions from each other in a safe space. Parents and young people take a copy of this home at the end of the programme.

**Feel safe:** The groups are able to feel secure in the confidentiality of them and those around them.

**Lasting memories:** The parent/carer and young person are able to walk away with lasting memories of their hard work together and also leave the programme with strategies and new found ways of working with one another to ensure a non-abusive and or violent future.

**Share knowledge and experiences:** The families join others who are experiencing similar behaviour. They are able to share their experience.

This programme is by referral only and has limited space.

### Referrals

Self and agency referrals are accepted. To find out more, and for a referral form, please contact:

[famiestogether@family-action.org.uk](mailto:famiestogether@family-action.org.uk)

T: 02920 789732

