



Afghan Families Project

We understand that at times, family pressures can make it difficult for people to manage without the right support and guidance. We aim to support parents to have more positive relationships with their families. Our team of specially trained befrienders will provide emotional support, help reduce isolation and aim to enable families to access our activities and parenting programmes.

How we can help:

- Emotional and listening support
- Empathic parenting strategies
- Help with understanding and accessing relevant services and information
- Access to family friendly activities for Afghan communities

For more information, please contact Navida on 07587 373436 or email NavidaS@familylives.org.uk



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www.familylives.org.uk

We build better family lives together

