


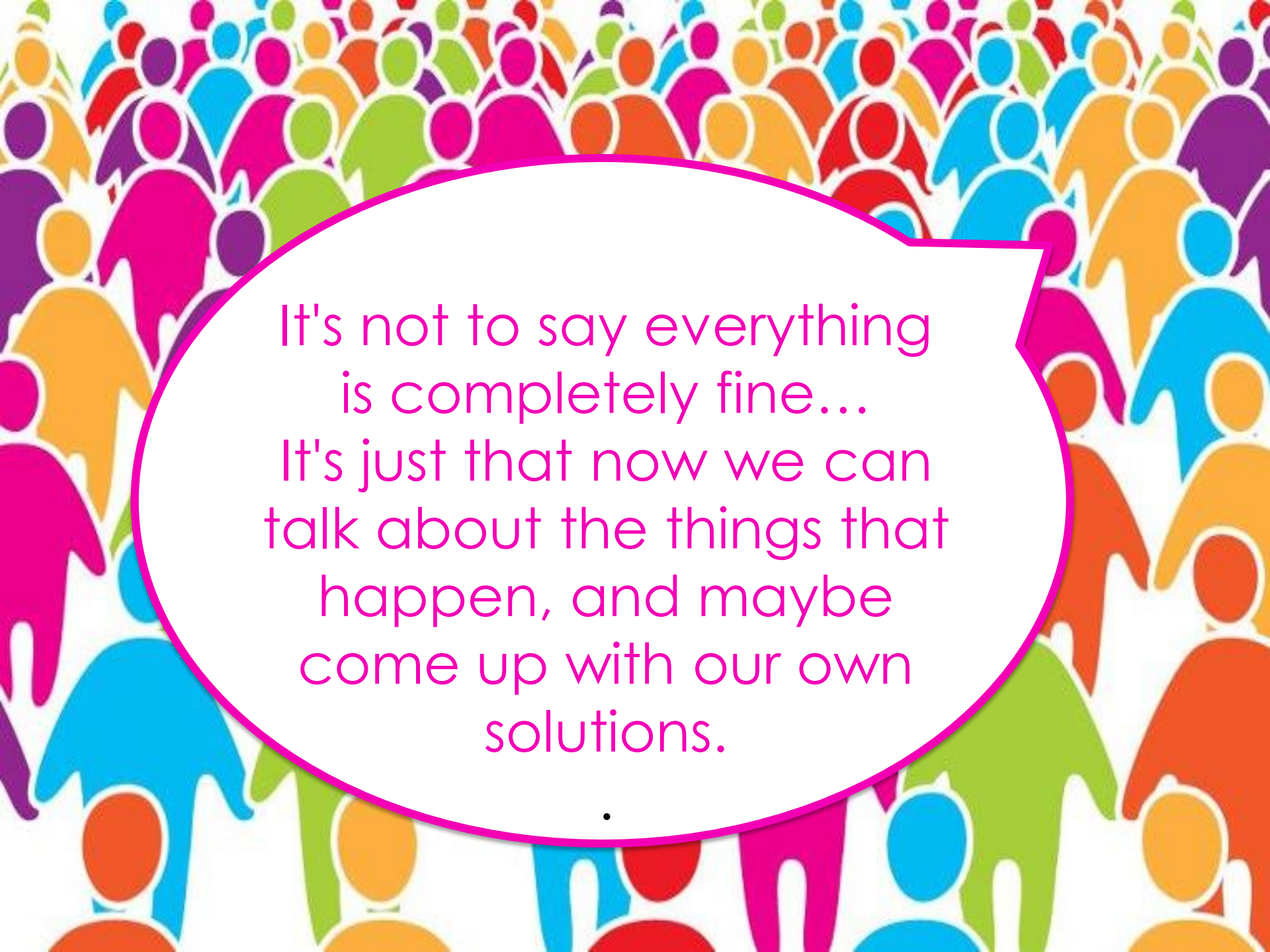
Doing family therapy
was the best decision
we ever made!
It's been totally life-
changing!



We talk more than we used to. We still don't talk enough, but then maybe we don't need to as much.




Hearing mum's point of view has helped me. We don't really argue any more - I understand about mum's feelings and the other way round.

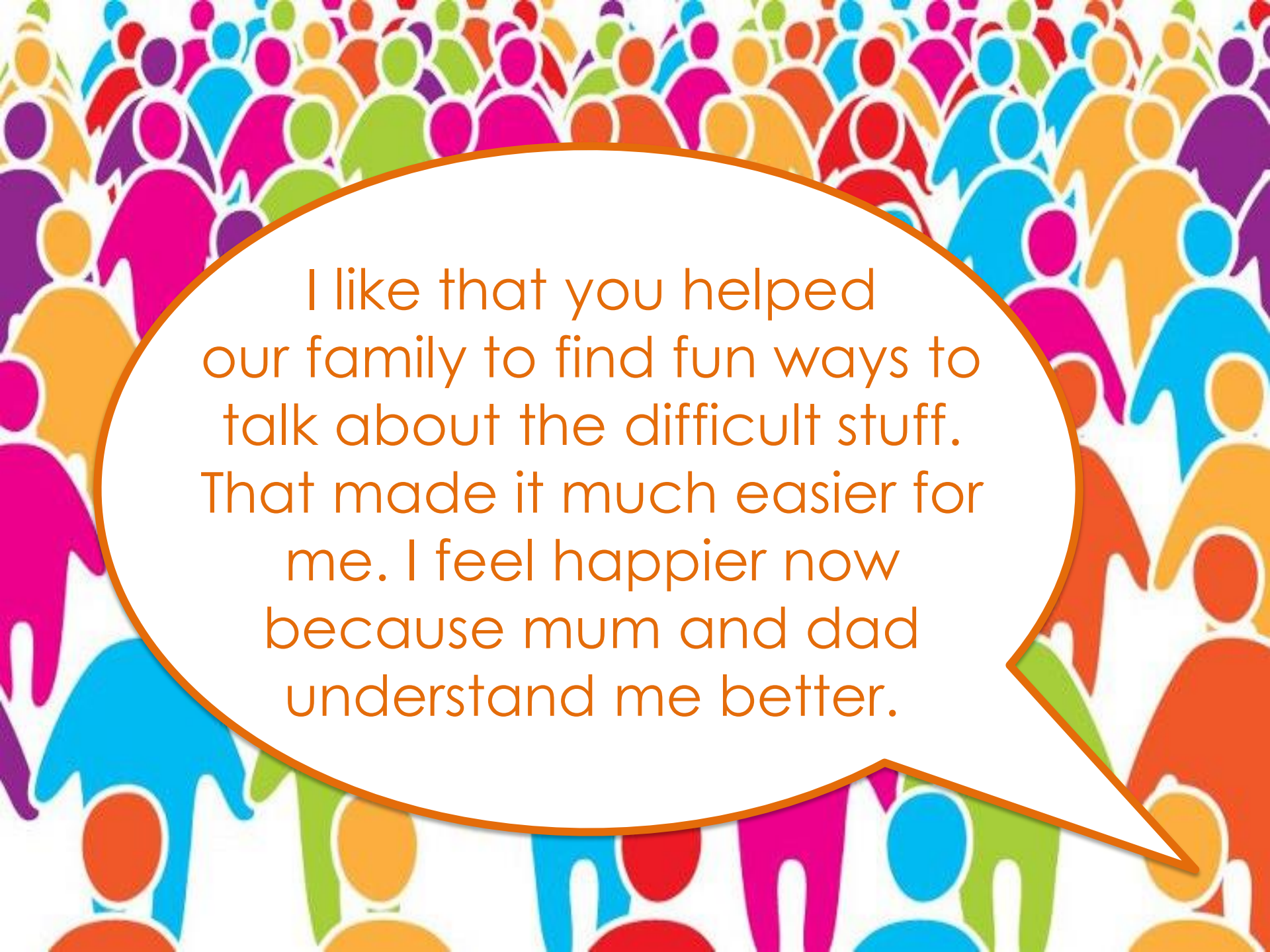


It's not to say everything
is completely fine...
It's just that now we can
talk about the things that
happen, and maybe
come up with our own
solutions.

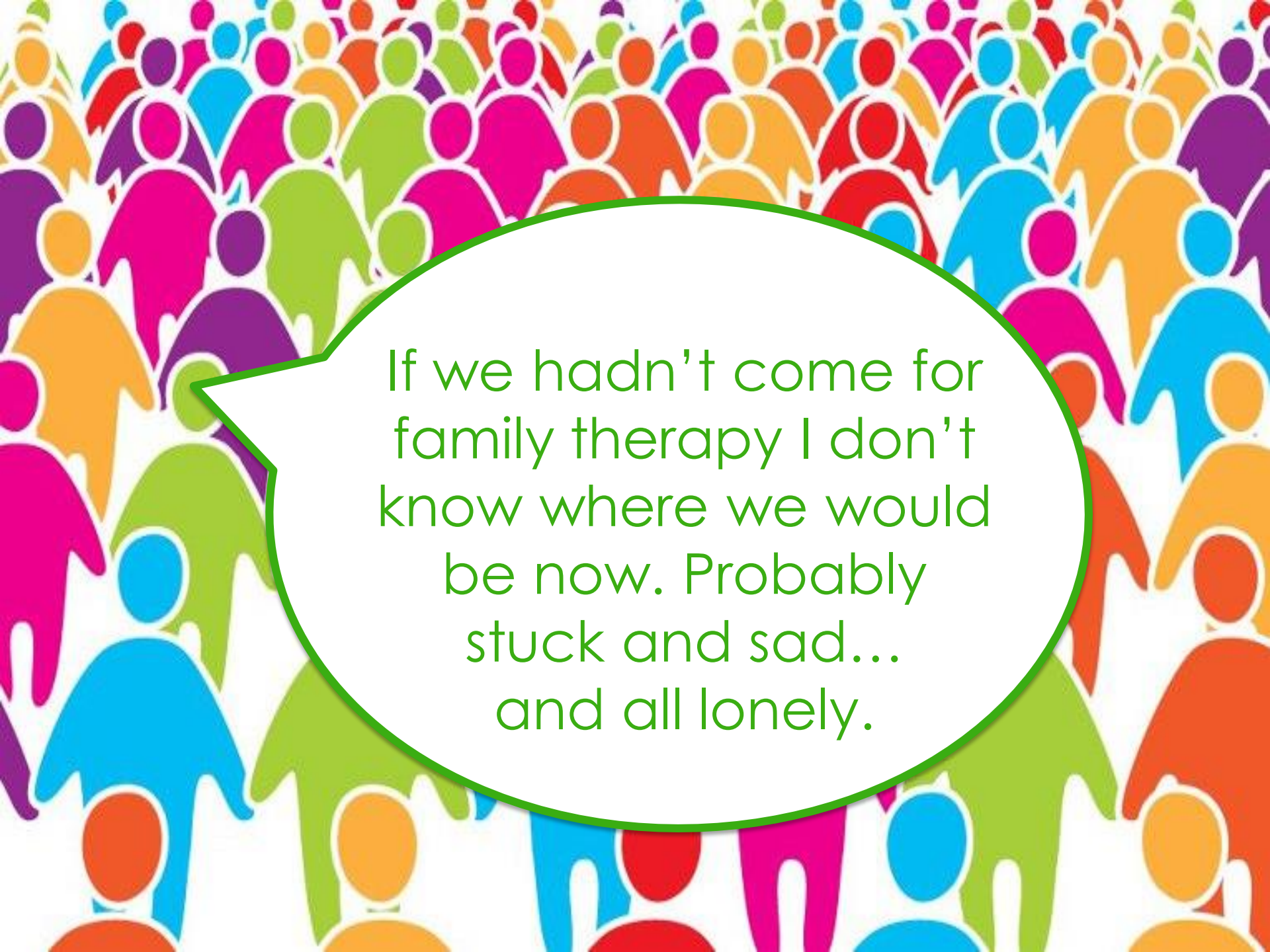
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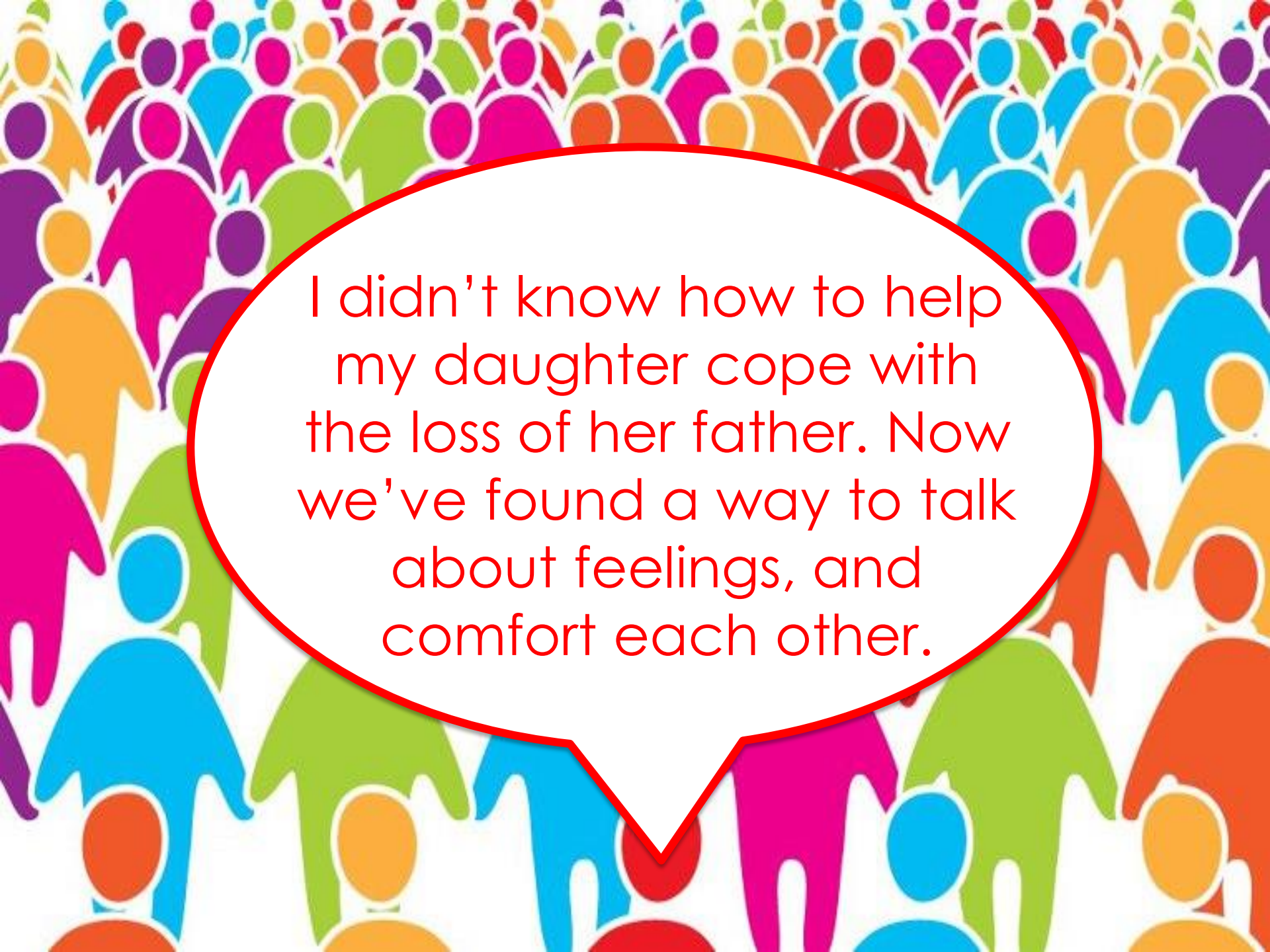
We think hearing more about our own family history, and our own experiences of growing up, have helped our daughter realise that we have feelings too.




I like that you helped our family to find fun ways to talk about the difficult stuff. That made it much easier for me. I feel happier now because mum and dad understand me better.




If we hadn't come for
family therapy I don't
know where we would
be now. Probably
stuck and sad...
and all lonely.



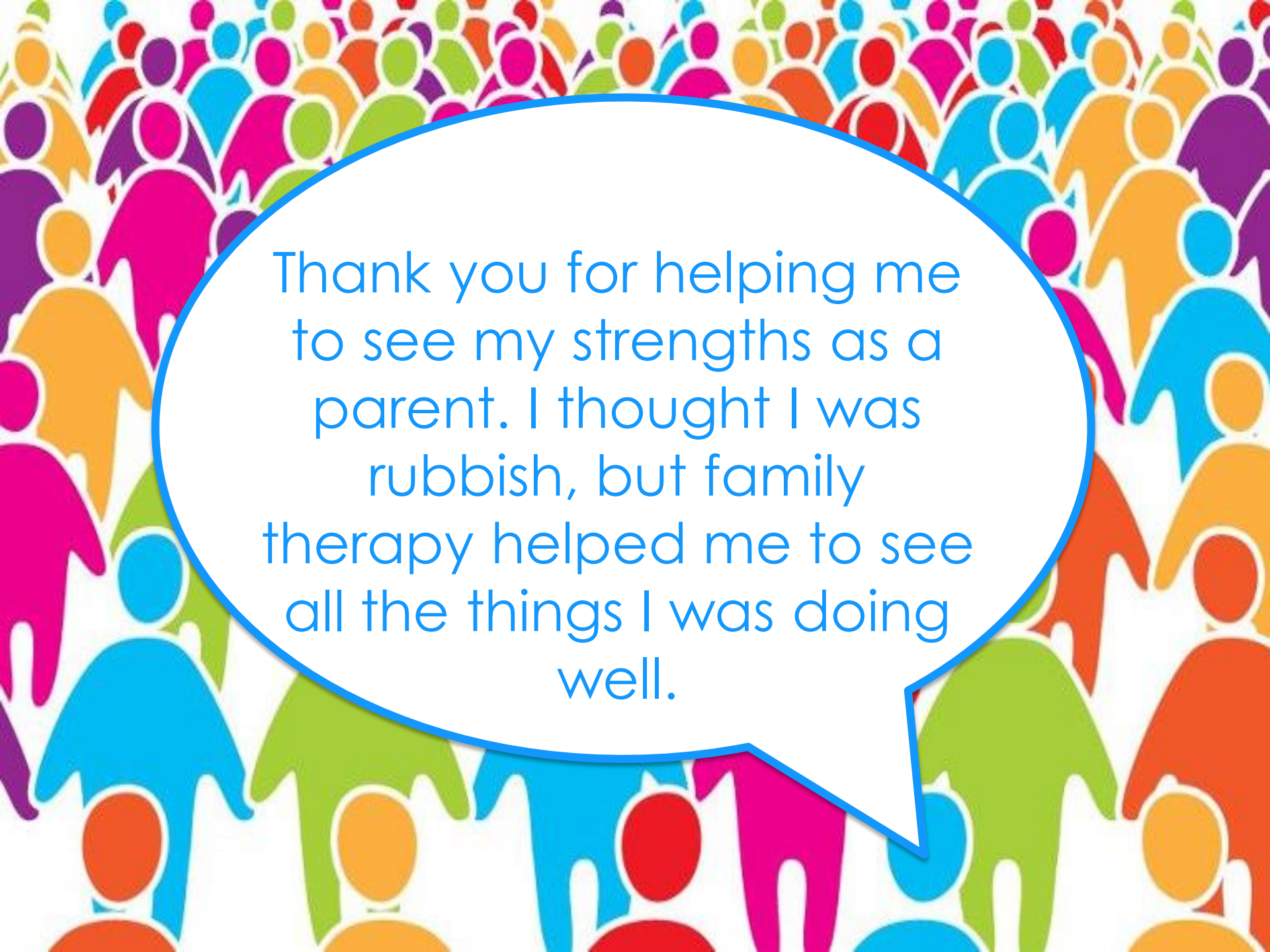
I didn't know how to help my daughter cope with the loss of her father. Now we've found a way to talk about feelings, and comfort each other.




Our family was totally broken – family therapy helped us to put our pieces back together again. We are much stronger and happier now.



Thank you for being there
for our family – not just for me,
or for my son, but for both of us,
and everyone else.
Even the dog is happier!



Thank you for helping me
to see my strengths as a
parent. I thought I was
rubbish, but family
therapy helped me to see
all the things I was doing
well.



Thank you for holding
onto hope when we didn't
have any left. And for giving
the hope back to us when
we found our own
way again.