

What people say

“It’s been great having the help to keep on top of things again. Life is much improved and the family atmosphere is a lot happier.”

“Strengthening Families has helped me so much. I couldn’t believe that all those people were there just to support me. I feel like I’m no longer alone but have a whole team of people to back me up.”

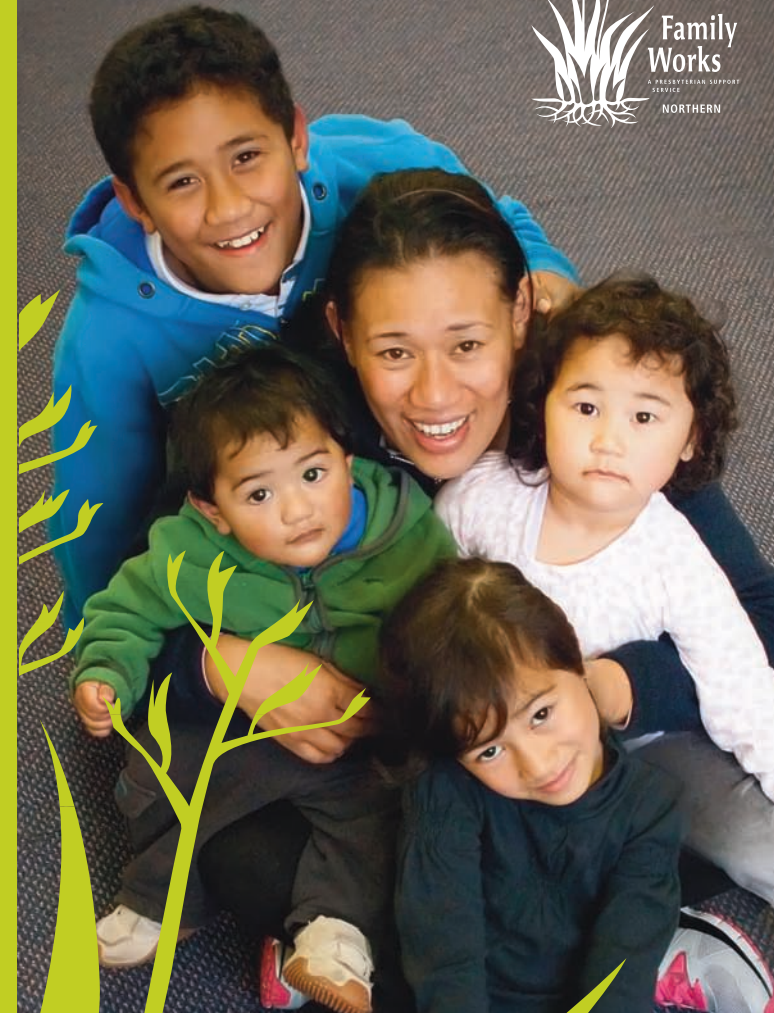
“I’m now much more confident in myself. Before, I didn’t know how to do anything by myself, but now I feel I can take care of my family on my own. Family Works and Strengthening Families have done a lot for me and my kids.”



A service provided by



www.northern.familyworks.org.nz



Strengthening Families

Helps families reach their full potential

Welcome to Strengthening Families



Strengthening Families is a process that helps families/whānau access the services they need to help them thrive.

All the people and agencies that could help your family are brought together. This might be a budget advisor, truancy officer, social worker, doctor, counsellor, teacher or other support worker. Together, you discuss your family's needs and agree on what everyone is going to do.

Strengthening Families is not a crisis service but is there to help your family/whānau before any problems get too big. The process is for families of all shapes and sizes when more than one community or government service is supporting or could support you and your family/whānau. It's a free service and completely voluntary.

Family Works can help start the Strengthening Families process for your family.

How we can help

Some of the issues the Strengthening Families process can help with are:

- parenting issues and stress
- children's and teenagers' behaviour
- child physical health or disability
- mental health issues
- financial situation/budgeting/debt
- issues at school
- family relationships
- housing or benefits
- addiction
- family violence

Benefits

Any agency can refer a family to Strengthening Families, or you can ask about it yourself. The process builds on your family's unique strengths and respects your culture.

Your family/whānau stays in control because you decide what information is shared and which agencies attend meetings. You only have to tell your story once. Everyone is involved, working together to make things happen.

Together, you make one plan that says what each agency will do and when they will do it. At the next meeting, you all check the plan to see what else needs to be done.

Strengthening Families is about what happens next, not about what might have happened or gone wrong in the past.

Please ask us how we can help. Contact Family Works and ask for Strengthening Families.

Who we are



The Strengthening Families service in your area is available through **Family Works Northern**, a non-government social services provider.

We're here to **champion** the cause of children/tamariki in your community and support you and your family/whānau to flourish.

If your family needs **support** from two or more services or agencies, and you think Strengthening Families would help your family, please get in touch with your local Family Works site (see the back page for details).