



Family Outreach Service

For referrals, further information and advice, please contact your local family outreach worker based at one of the four Recovery Hubs

South East Recovery Hub

Tel: 0131 661 5294
Mob: 07921 700539

North East Recovery Hub

Tel: 0131 554 7516
Mob: 07703 714761

North West Recovery Hub

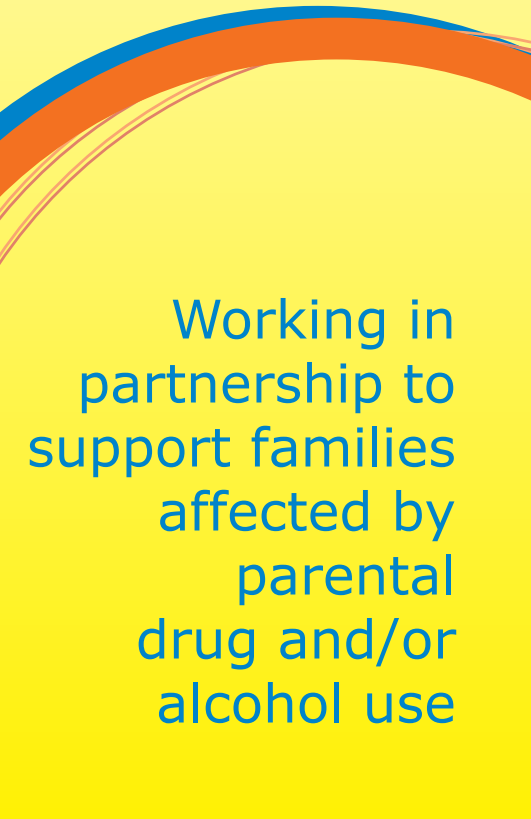
Tel: 0131 469 5044
Mob: 07903 248740

South West Recovery Hub

Tel: 0131 453 9100
Mob: 07903 822059



in partnership with



Working in partnership to support families affected by parental drug and/or alcohol use



in partnership with



Are you a family:

- affected by current or previous parental drug and/or alcohol use?
- with a child or children aged 0 to 18 years?
- looking for some extra support?

Circle and Sunflower Garden are working in partnership to offer a range of services to meet the individual needs of families. Together we work alongside families to help them build upon existing strengths to make and sustain positive lifestyle choices.

Support for parents/ carers

We provide a range of services to support:

- establishing boundaries and routines within your home
- managing your children's behaviour
- accessing local services and activities for you and your children
- improving nursery and school attendance and achievement for your children
- addressing your own and your family's health needs

Support for children and young people

We provide 1:1 therapeutic support for children and young people in schools or in the local community. Creative approaches are used to help children express their emotions, build their confidence and develop resilience to help them cope with any difficulties.

"My wee boy gets angry when I drink alcohol, my worker has helped me to speak to him and deal with his anger"

Parent

"It has helped her find her voice and use it"

Grandparent

"Sunflower has been a lifeline for my son"

Parent

"Helped me understand the impact of my substance misuse on my son"

Parent

"This support helped me feel braver and try new things"

Child age 10

"(The worker) helped to improve the bedtime routine, we made a plan and I can't believe it worked"

Parent

What we do

Parenting and practical support for families

A range of voluntary services to meet your family's needs

1:1 support for children and young people