

Families' House

Family Support Services

Any parent who is struggling to bring up their children can turn to our Family Support Service. All families will be assessed and offered an individual programme of support from the following options:

A weekly drop-in parents' support group in Norwich every Friday from 10 to 12 noon during term time; pre-school age children welcome. Any parent can drop in, get advice from our family support staff, meet other parents and have a cup of tea. No referrals are necessary.

A One-to-One Support Service offering home visits for three months with the option to transition to the Volunteer Befriending Scheme for a further nine months of support in the community.

Volunteer Befriending Scheme, which provides trained volunteers to support parents in the home and wider community on a weekly basis.

If you'd be interested in becoming one of our volunteers within this scheme, please click [here](#).

School holiday supported activities for whole family fun.

Parent Support Advisers, helping parents with any difficulties which are impacting on their children at school.

Individual and group family support specifically for separated parents. More details can be found on the [Separated Family Services section](#).

To make a referral to this service, please click [here](#) to download our referral form. If you wish to discuss a referral in advance, please email Emma Cameron at emma.cameron@break-charity.org or call her on 01603 621702.