



Hart and Rushmoor Family Support Service

Are you a parent/carer of a child 0-19 years who is having difficulties with your child around issues such as behaviour, school attendance, sleep, healthy eating etc.?

SOS could be the help you need!

We offer a **free one to one appointment** at a variety of locations.

- SOS is a chance for you to talk through a single challenge you may be facing.
- Could help give you strategies and advice you need on the single issue or problem you may be struggling with.
- A Family Support Worker can offer advice and signposting information.

If you are interested in booking this appointment, please speak to any professional linked to your family such as a health visitor, midwife, teacher, social worker etc. who can nominate you to the service

Our Family Support Workers look forward to meeting you.