



Hart and Rushmoor Family Support Service

Are you or your partner a member of the armed forces?

Do you have children aged 0-19 years?

Do you feel isolated?

Are you struggling to manage your children's behaviour or having difficulties with routines?

Do you need some extra help and support or feel you would benefit from attending one of our groups?

We run a weekly **free group** which provides support and advice and a chance for you to spend quality time with your child.

If you are interested in attending this group, please speak to any professional linked to your family such as a health visitor, Army welfare officer, midwife, teacher, and social worker etc. who can nominate you to the group.

The team at the Family Support Service look forward to meeting you.