

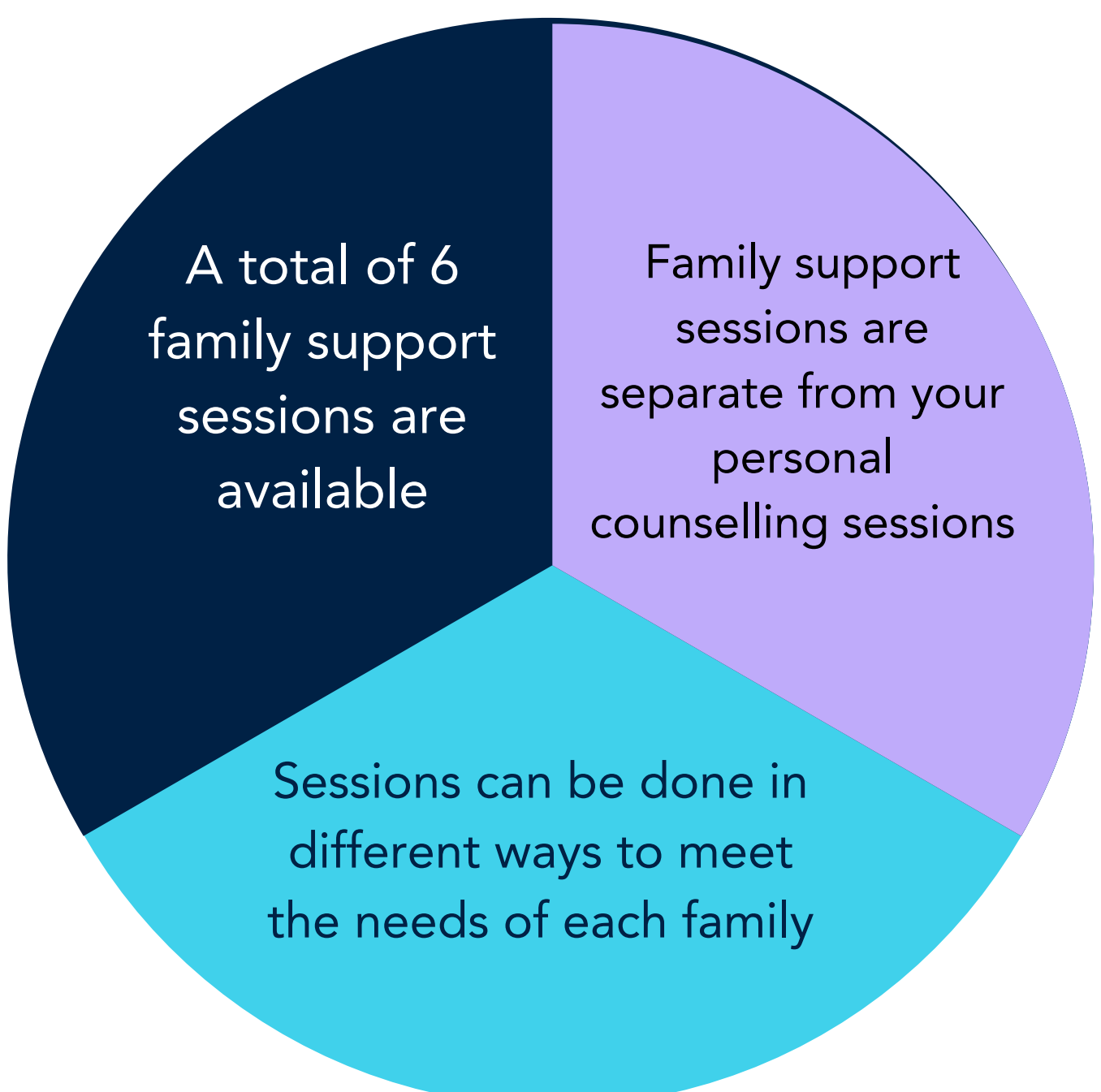
A Nexus Guide to **Family Support Sessions**

Sometimes it's hard to communicate with the people we love most.



Family support sessions are here for your family with any issues they may have surrounding a disclosure, an event or traumatic situation. The aim is to help them help you outside the counselling room.

How do the sessions work?



Here are some examples of how your family can use Family Support Sessions

A family of 4 want to use the support sessions. All 4 members attend the 6 sessions together

A family of 3 want to use the support sessions. Person 1 uses 1 session, Person 2 uses 2 sessions, and Person 3 uses 3 sessions

A family of 5 want to use the support sessions. Each person gets 1 session on their own, and they all attend the last sessions together

How does my family get involved?

Your family can contact our reception team on 028 9032 6803 and get referred for their 6 support sessions.

