

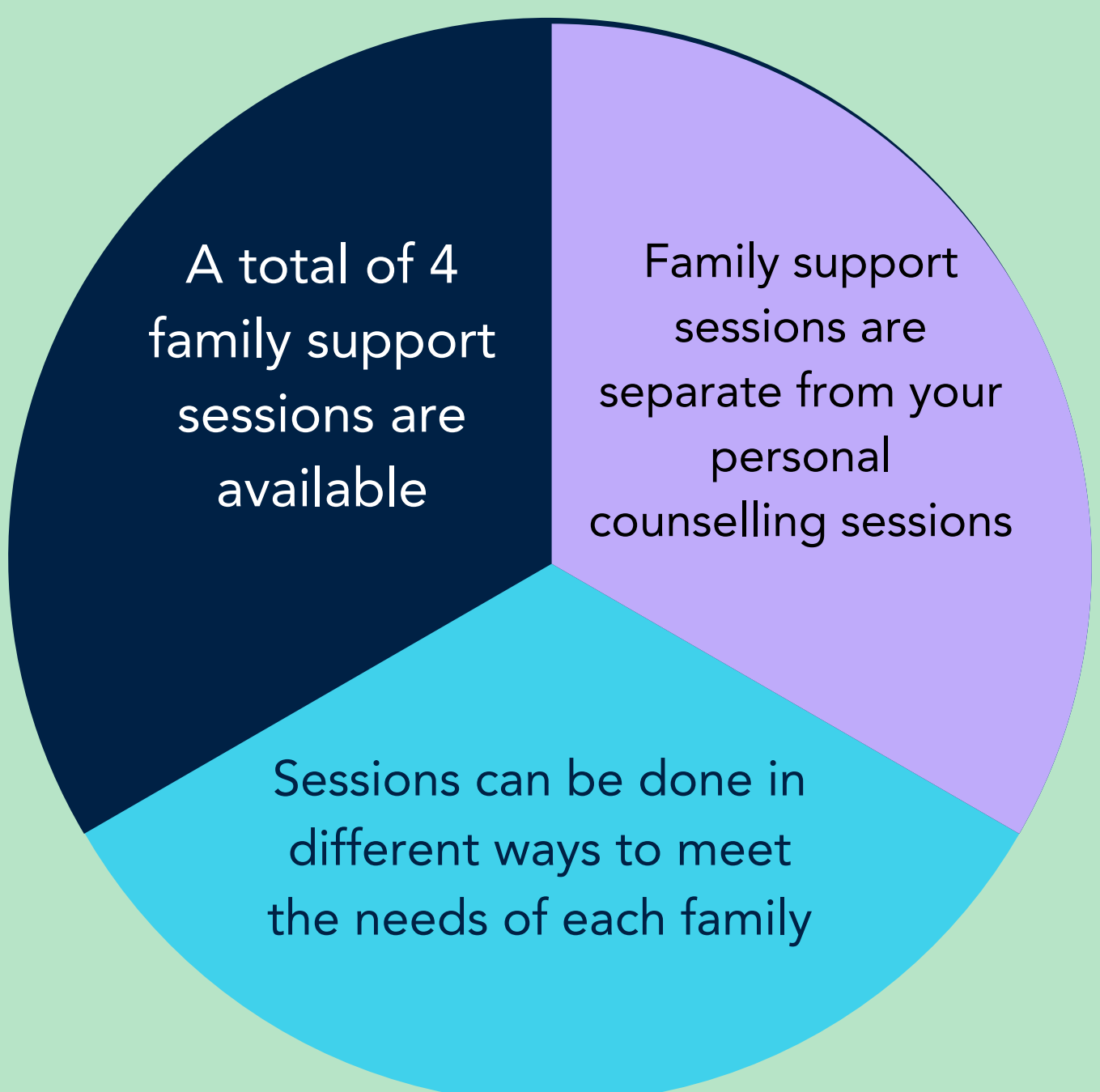
## A Nexus Guide to **Family Support Sessions**

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 4 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 1 session.

We will work with your family to establish how they wish to use the Support Sessions.

## How does my family get involved?

Your family can contact our reception team on 028 9032 6803 and get referred for their 4 support sessions.

