

Family Court Support Officer & McKenzie Friend Project helping mothers and their children stay together.

WOMEN OUT WEST

T: 01946 550103

www.womenoutwest.co.uk





Drawing and talking emotional resilience support with physical activity, delivered in schools for children aged 4-11 years old within the Whitehaven area.

TOGETHER WE CIC

T: 0808 196 1773 www.togetherwe.uk Family Wellbeing was developed to improve the health and wellbeing of some of the most vulnerable and disadvantaged children and families in West Cumbria.

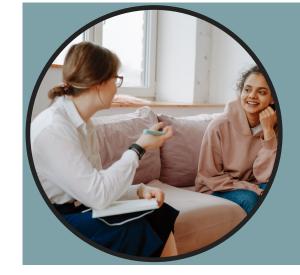


Early years, 0-4 years old - parental engagement to support parents and give them the confidence to continue to support their children's education and development.

HOWGILL FAMILY CENTRE

T: 01946 817900

www.howgill-centre.co.uk



Supporting the recovery of families affected by sexual and domestic abuse.

Specialist play therapist and counsellors work with children, young people and whole families.

Offering support to the whole family unit can be a positive part of the recovery process.

SAFETY NET

T: 01228 515859

www.safetynetuk.org



Individualised family support, looking to bring about positive change in local families, reducing alcohol and substance use and improving overall outcomes for children and young people.

CUMBRIA ALCOHOL & DRUGS ADVISORY SERVICE

T: 0300 111 4002

www.cadas.co.uk



Think Family Copeland. Support for any children 0-5 years and their families in Copeland for up to 12 weeks.

Improving family life by working together with you in your home or local community.

BARNARDO'S

T: 07702 621 699

www.barnardos.org.uk



iCan Be Happy
Family activities
from Wheels of Wellness
CBT therapy and
complimentary therapy.

ALWAYS ANOTHER WAY

T: 07548 342527

www.alwaysanotherway.co.uk

FAMILY WELLBEING

Transforming children's life chances.

