

Families Together Programme- **Supporting families across Sandwell, to recognise unhealthy relationships where Domestic Abuse is present and build healthy secure relationships**

The programme is bespoke and was written by a person who was in an unhealthy relationship where DA was present. Our approach is delivered in two elements:

Supporting Women...

The Women's Toolkit' is a 10 week programme, each session is approximately 2.5 hours per week. The programme explores the following topics:

1. Healthy Relationships
2. Recognising Abuse
3. Introduction to Self-esteem
4. Self-esteem, Coping and Psychological Wellbeing

There are six more sessions.

Supporting Men...

Any Man Can' is a 12 week programme, each session is approximately 2.5 hours per week. The programme explores the following topics:

1. Me and My Identity
2. Exploring the "Boy Code" and being a man
3. Developing Vulnerability
4. Understanding Anger

There are 8 more sessions

Criteria to access service:

- We will work with individuals or couples but they must be willing and committed to engage in all sessions of the programme.
- This is a preventative programme and not suitable for high risk families.
- This programme is not suitable for people who's primary need is alcohol/drug misuse.
- Supporting Families from across Sandwell



FamilyLine

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One of the team will get back to you**

