

## How to find us

- Buses: No.46 – stops on Fitzjohn's Avenue  
No.13, 82 & 113 stop on Finchley Road.
- Tube: Finchley Road – Jubilee & Metropolitan Lines  
Swiss Cottage – Jubilee Line  
Hampstead – Northern Line  
Belsize Park – Northern Line



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Fax: 020 7794 6506



**THE ANNA FREUD CENTRE**  
DEDICATED TO THE WELL-BEING OF CHILDREN



**INFORMATION FOR  
PARENTS**

**YOUNG PEOPLES SERVICES  
(7-18 YEARS OLD)**



## FAMILY SUPPORT SERVICE

- Do you have trouble understanding your child or teenager's behaviour?
- Are you worried about one of your children?

The Family Support Service aims to help family members talk to and understand each other better. It is a brief intervention service that involves the child or young person and their close family. The service involves approximately 10-12 sessions at fortnightly intervals. It is aimed at families with children aged 7 to 18 years of age.

Difficulties experienced can include:

- Tantrums and arguments
- Difficulties with homework and other daily chores
- School phobias and separation difficulties
- Problems with other children
- Recovering from Physical illness

The therapist invites the family to think about their feelings and those of the other family members and helps them to learn how to speak to each other about the way they see their problems and to ask each other for help in thinking about them.

**What happens in a meeting?** In the meeting your family and the therapist will think about troubles you are experiencing. The meeting will provide a calm and non-judgemental setting where all family members can express their feelings. Sometimes, the family is given an activity to work on at home.

**Feedback:** In addition to the meetings with the therapist you will be asked to give feedback on the sessions through questionnaires. These are not seen by the therapists and are an opportunity for us to learn more about your experience of the Family Support Service, in order to improve the services we offer to families.

**Is the Family Support Service free?**

YES

The Family Support Service is free to all.

**How can I make a referral?**

You can either refer yourself or contact your GP or school who can make this referral for you.

**How can I find out more?**

For more information or to make a referral please contact Katharina Gruger on 020 7794 2313 or email [Katharina.Gruger@annafreud.org](mailto:Katharina.Gruger@annafreud.org)