

DEPAUL

Homelessness has no place



RECONNECT: FAMILY MEDIATION AND SUPPORT

Supporting young people and their families to resolve conflict, improve communication and develop resilience

HOW WE CAN HELP

Every family experiences difficulties and conflict at some point. Our service offers ongoing and structured support, advice & guidance to help families move forward, communicate clearly and strengthen relationships.

ELIGIBILITY

We work with any young person aged between 16 and 25 who is experiencing difficulties or a breakdown in their family relationships. We also offer one to one support for parents and carers.

We work across London, with sessions and meetings arranged at a time and location to suit individual young people and families. This could be at the family home, our office or another neutral and comfortable space. We can support families with a range of issues, including:

- Frequent arguments and conflict within the family
- Families who feel they would benefit from extra support, for example around boundaries or communication
- Families who are experiencing difficulties around cultural or religious differences, or about sexuality
- Young people who feel they are not understood by others in their family
- Families in crisis and on the verge of asking the young person to leave the family home
- A young person that is not staying at the family home due to conflict

SUPPORT

Mediation and Family Support services can be accessed separately or together as part of the same support package.

How we work:

- We listen. We don't take sides or make judgements
- We work together with young people and their families to find achievable solutions
- We provide a safe environment for families to communicate with each other with the support of a professional

Mediation Support offers:

- Someone to talk to in confidence about family issues
- Support finding solutions to disagreements and conflicts
- Help to communicate positively and get on better

Family Support Service offers:

- Techniques to improve family wellbeing and resilience
- Support to build and maintain good relationships
- Sessions to help develop positive communication
- Advice & guidance on a range of issues and challenges



GET IN TOUCH

We accept referrals from any organisation that works with young people, statutory teams, teachers and support workers. If you are a young person, parent or carer, you can also refer yourself to the service. To make a referral or to have an informal discussion about the support we can offer, please get in touch:

e: reconnect.london@depaulcharity.org.uk

m: 07966 743 200

t: 0207 9391 234

Reconnect is part of our **Youth Homeless Prevention Service**. This includes other services to support young people such as housing advice, workshops, emergency accommodation and counselling.

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