

Families in Mind

**Empowering.
Connecting. Re-building.**

When family life becomes challenging, we're here to help families reduce conflict, strengthen communication, and find ways to work together.

Providing free support for families across Tameside and Oldham.

Supporting:

**Better
Communication**



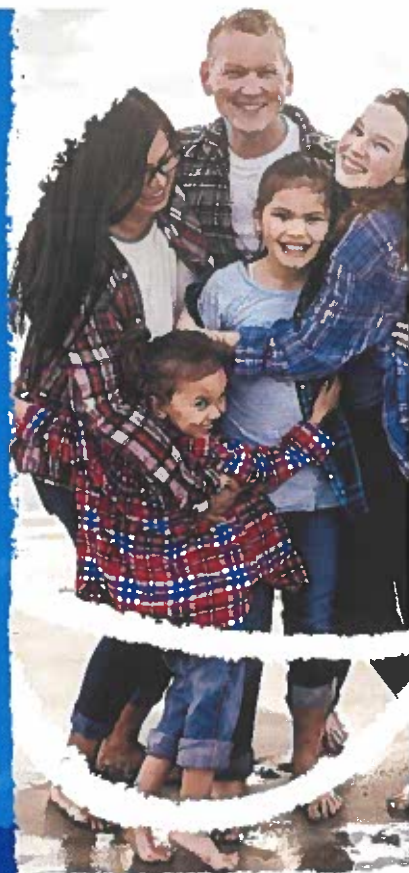
**Healthy Family
Dynamics**



**Stronger
Connections**



**Improved
Wellbeing**



Next Steps:

Call:

0161 330 9223

Email:

familiesinmind@togsmind.org

Scan the
QR code
or visit:

togsmind.org



 **Mind**
Tameside,
Oldham, Glossop
and Stockport

 **Families
in Mind**

Who is Families in Mind for?

Families with at least one child or young person aged 8-18 who:

- Live in Tameside or Oldham
- Attend a school or college in Tameside or Oldham
- Are registered with a GP in Tameside or Oldham

How can we help?

Families in Mind provides tailored support to help:

- Improve communication
- Strengthen family relationships
- Reduce conflict
- Establish healthy boundaries
- Build resilience
- Create positive family time

Support Available:

- Parent & Family Consultations
- Solution-Focused Sessions
- Psycho-educational Workshops
- Activity-based Workshops
- 'Family Connection' Box
- Parent / Carer Peer Support
- Self-Directed Resources
- In-Person, Online & Telephone

How to make a referral:

Parents/carers and professionals can refer directly into the service by emailing or calling:

- familiesinmind@togsmind.org
- 0161 330 9223

Or request a referral form via the website.

Scan me!



Supporting families across Tameside & Oldham.

Ashton Office

216-218 Katherine Street,
Ashton-under-Lyne,
OL6 7AS.

Oldham Office

19-25 Union Street,
Oldham,
OL1 1HA.