

We at **Family Heart** believe that all children should have the opportunity to grow up as part of a loving family, experiencing safe positive relationships with parents or carers.

When families go through tough times we can support parents to find a positive way forward when it is hard to cope.

We believe that people will feel the benefit from being involved with **Family Heart** by being more confident in their ability to put the children they care for at the heart of their thinking when making hard decisions about the future.

Contact us

www.familyheart.co.nz

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04 239 8129

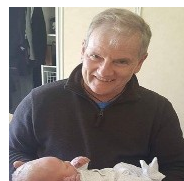
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Who are we?

Les and Catherine have been together for 20 years and emigrated from the UK to New Zealand in 2011. They have a combined 50 years of experience in teaching, supporting and caring for children and families going through troubled times. As Directors of **Family Heart**, they provide support to families across the Greater Wellington region.

Les Williams

Les has a career that spans managing large scale projects to heading up a residential school and care services for children with profound disability.



He is a father, stepfather and grandfather. He understands the many and varied pressures that parents experience. He understands the challenges of wanting children to grow up in a loving and stable family relationship, even when everyone doesn't live in the same home.

Catherine Williams



Cate has long experience teaching and practicing as a psychologist in New Zealand and in the UK. She has raised three children and has a beautiful young grand-daughter.

She knows how separation and trauma can affect children's behaviour and the difference an emotionally warm relationship with a caring adult can make to a child's life. This understanding is what drives her work with children and families.

Family Heart Services

Supporting you to make good decisions for your family



ARBITRATORS' AND MEDIATORS'
INSTITUTE OF NEW ZEALAND INC
Te Mana Kaiwhakatau, Takawaenga o Aotearoa

Supporting through a crisis

Sometimes things can feel like they're falling apart for family relationships and it is hard to see a way through. These times can be really hard for children to understand and it can be difficult for parents to remember this when trying to sort things out.

What **Family Heart** can help with

- **Relationship coaching** to help you work through issues before they get too difficult.
- **Contact supervision** so that children can safely see their parent if they are separated and there are difficulties with access (we are accredited to do this).
- Advice and guidance to help **manage unhelpful behaviour** in children struggling to understand what is happening in their life.
- **Coaching to help manage those angry emotions** that go along with relationship break down and sometimes end up hurting others.
- Finding a way through the complicated legal and **court system**.

Getting things on track

Once a crisis is over, there is often some lingering hurt for children and adults. **Family Heart** can help you and your family find new ways of being a family, and suggest ways to re-build relationships.

What we can help with

- **Mediation** to support you to find an agreed way to work together so that your children can be happy in the new way of living.
- We can work with you and your children's school if they are experiencing difficulty because of **unhelpful behaviours** in class or in the community.
- We can point you in the direction of additional **specialist advice**.



**FAMILIES ARE LIKE BRANCHES
ON A TREE. WE GROW IN
DIFFERENT DIRECTIONS BUT
OUR ROOTS REMAIN AS ONE**

Setting up for a great future

There will always be ups and downs for your family as things change over time. Bringing up a growing family involves tough times for all of us

Family Heart can work with you to prevent crises happening again and to look towards a positive future.

What we can help with

- **Life skills coaching** to help you work towards goals for yourself and your family. Feeling good about yourself goes a long way to helping others feel good.
- **Positive Parenting programme** (Triple P) one to one intensive training that will help you work towards being the best parent you can be.
- **One to one coaching and tutoring** for children who need a little help to catch up with their learning in school.
- **Phone or email conversations** so that you have an understanding ear when things go through a dip.