



Children Heard and Seen.

What We Do

Children Heard and Seen support children, young people and their families who are impacted by parental imprisonment. We strive to support their needs, listen to their concerns and ensure that their voices are heard. **We offer family support work, 1-1 support, a volunteer mentor for 12 months, Drawing and Talking therapy sessions in school, music projects and holiday activities.**

Our Support Offer



Support around communicating with children, including ways to tell your child that their parent is in prison.



1-1 mentoring to ensure that a child is able to try new things, access resources, and develop resilience, coping strategies and life skills to help them make sense of their situation. This provides them with the tools to make positive life choices and maximise their potential.



Group support work for children, young people, parents and grandparents, focused on meeting others in similar situations and reducing isolation.



1-1 support for children and parents to explore, understand and manage their feelings about their family member in prison.

If you know a family that would like support, please email us at info@childrenheardandseen.co.uk call us on **07557339258** or send us a direct message to our Facebook page.

childrenheardandseen.co.uk

