

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. All support is offered at no cost to the family and without need for agency referral. **We offer 1-1 support with trained staff, volunteer mentoring, parent support, peer support groups for children, online activities for children, and activity days.**

Our Support Offer.



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



Activity groups for children impacted by parental imprisonment to **explore feelings and meet other children in similar circumstances.**



1:1 support for children to explore, and understand emotions surrounding their family member in prison.



Volunteer mentoring to help children process emotions with a neutral person outside of the family home.

If you know a family in need of support, or to find out more about the support we offer, please email us at info@childrenheardandseen.co.uk call us on **07557339258** or send us a direct message to our **Facebook** page.

