

FAMILIES ACHIEVING CHANGE TOGETHER

FACT

What do we do?

If you're up for it, you can meet with us and have your say about what matters to you.

Then together with your family, we can help you to make the changes you would like.

How do we help you make a 'change'?

- Meet with you and your family.
- Talk about what is going well.
- Find out how we can help.
- Look for the support.
- Introduce you to the people that can help.
- Create a plan of support.
- Meet again to see if the plan is helping you to reach your goals.

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www.valeofglamorgan.gov.uk/familiesfirst

