

Contact Us

For more information about service and how to access support, please get in touch with us.



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YellowDoorSolent

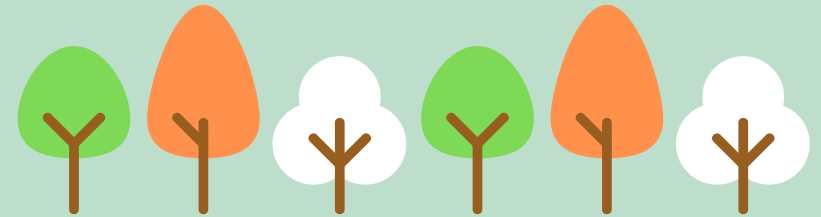


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Yellow Door (Solent) is a registered charity (1111753) and a company limited by guarantee (5486084) registered in England and Wales.



**FAMILY
THERAPY
SERVICE**



**Preventing and
Responding to
Domestic and
Sexual Abuse**

Domestic and sexual abuse can affect people in many different ways, impacting not only survivors but the families of survivors and their relationships with one another too.

If your family has been affected by abuse, and you are living within Southampton and Western Hampshire, Yellow Door's Family Therapy service may be able to help.

What is Family Therapy?

Family Therapy helps people in close relationships overcome communication difficulties when one or more members of a family have experienced abuse. We provide a safe space and help families to:

- Find ways of saying difficult things to each other
- Understand each other's feelings, experiences and views
- Think about what each individual within the family might need to move forward
- Build on family strengths and together develop new ways of relating to each other

Who we work with

We know that everyone has very different ideas about who they consider to be part of their family.

We work with children, adolescents, parents/carers, couples, other family and friends.

What can your family expect from Family Therapy?

Our service can help children, adolescents, parents and couples with a range of problems that can occur following experiences of abuse, such as:

- Improving communication
- Addressing difficult behaviours
- Understanding the impacts of trauma
- Setting and maintaining boundaries
- Being able to have fun together

We both understand each other better as individuals and consider each other's feelings and points of view.

This progress has helped improve our family life for all members of the family.



How can you find out more or refer?

If you are interested in finding out more about how the service can help you, please contact us via any of the methods on the reverse of this leaflet.