

**Are you or anyone
in your family
impacted by
alcohol use?**

**We can help by
providing tailor-
made support to
you or any family
member.**

**Our service is for
children, young
people and adults.
We focus on family
wellbeing at home
and in the community
across Haringey.**

CONTACT US...

For more information

COME SEE US AT...

INSIGHT PLATFORM

40 Bromley Road
Tottenham
London
N17 0AR

EMAIL...

insightplatform@blenheimcdp.org.uk

PHONE...

020 8493 8525

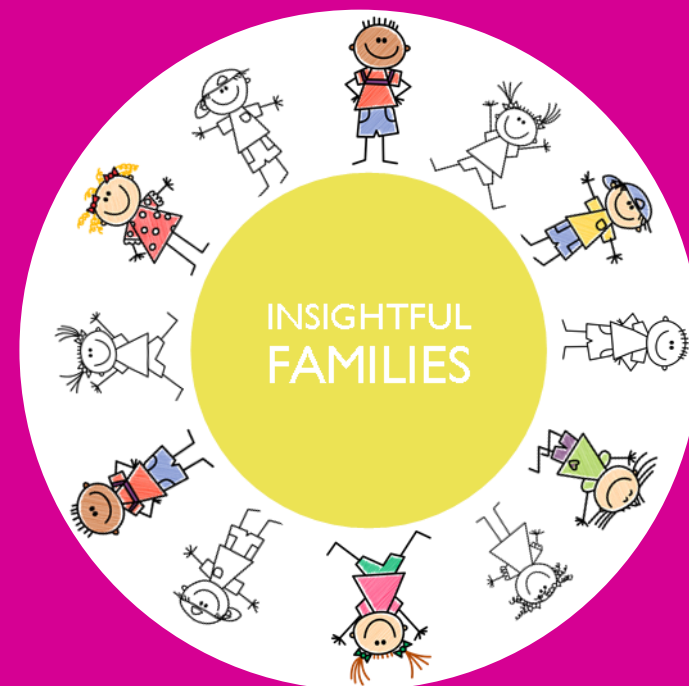
OPENING TIMES...

Monday & Wednesday
9.30am — 5.00pm

Tuesday & Thursday
9.30am — 6.00pm

Friday
9.30am — 3.00pm

For more information visit our website:
www.insightplatformharingey.co.uk



**Support
for
Families
worried about
alcohol**



Are there any children in your family that may be worried about someone's alcohol use?



Are you a parent who would like to reduce or stop drinking?

Are you a parent who needs to talk to someone about parenting?

What activities are available for children, young people and the whole family?

Can everyone in my family get something from 'INSIGHTFUL FAMILIES'?

Does everyone in my family matter... will they all be heard?



WHAT WE DO

INSIGHTFUL FAMILIES takes a holistic approach to working with everyone impacted by alcohol. We offer a range of services including:

- A confidential and free service for all family members
- Information and advice around alcohol use
- One-to-one support for individual family members
- Parenting workshops
- Parent and toddler groups
- Family, Friends & Carers Group
- FREE family activities
- Kids Club

ALSO ASK US ABOUT...

- Opportunities to 'earn & spend' time credits
- The Peer Support Programme
- Educational workshops in schools and other community venues

We provide a safe space for children and young people to talk about their experiences

We help parents to make positive steps to improve their wellbeing



We provide support and advice around parenting

We have a range of FREE activities for everyone to get involved with, including trips, creative spaces and other fun events.



Yes, we offer support to significant others, carers, friends and the whole family

YES! Our service is family focused! Everyone has a voice!