

# It's tough being a parent or carer...

That's why Claire and  
the team are here to  
help you and yours.

YWCA Yorkshire is your local Early Help  
provider **Building Successful Families.**

Refer yourself, or someone else.  
It all starts with a friendly chat.  
And you never know - Claire might  
just be able to help.

Call: 0114 2739256

email: [bsf@ywcayorkshire.org.uk](mailto:bsf@ywcayorkshire.org.uk)

visit: [ywcayorkshire.org.uk/bsf](http://ywcayorkshire.org.uk/bsf)



# Who is Claire?

Claire is a mum, a specialist wellbeing and domestic abuse lead, and a Project Worker. Claire is part of a very experienced and compassionate local team from YWCA Yorkshire, working on the Building Successful Families Programme. Their job is to support you.

# How can Claire help?

Claire and the rest of your local Project Worker team can work with you and your whole family to understand what support you need and put that support in place. We can help you liaise with school and health professionals. We can help you work through debt, housing and neighbour disputes. We can support you through parenting, relationship breakdowns and poor mental health. Just tell us what you need - we are here to help you find a way through.

# Is this support for me?

Let's have a chat and we can find out. Being a parent or a carer is tough and we all struggle at times. If you are struggling in any aspect of family life, having a dedicated person to support and advocate for you, could help turn things around.

Creating a better future for women, children and families.

INCLUSIVE

COMPASSIONATE

EXPERT