

Do you want to receive updates about the Pathways service?

---

If you would like to receive the Pathways quarterly newsletter which details new groups and relevant information please send your name and e-mail address to [Pathways.bdv@gmail.com](mailto:Pathways.bdv@gmail.com).

Alternatively if you are an organisation that would like us to come and talk to you or give you a taster of what we can offer, just give us a call to arrange on 01226 731812.



Recovery services that help you get back to being you.



Pathways Family Support Centre

---

33-35 Peel Parade  
Barnsley  
S70 2RN

Phone: 01226 731812  
E-mail: [Pathways.bdv@gmail.com](mailto:Pathways.bdv@gmail.com)  
Facebook: PathwaysBDVG

# PATHWAYS FAMILY SUPPORT CENTRE

Helping you on the road to emotional recovery

SERVICES  
AVAILABLE  
August 2017





## Pathways Emotional Recovery Services

Pathways exists to provide support to anyone whose past experiences, whether as a child or an adult, has impacted on being the person you were meant to be.

At Pathways we undertake an assessment with you to identify the steps you would like to take, so you can emotionally recover whilst understanding and reaching your true potential.

Once you have started your journey with us, we use a 'Plan, Do, Review' method, to ensure Services are relevant and you reach your short and long term goals.

## Groups

**You and Me, Mum** is for mums who are experiencing or have experienced domestic abuse, helping to understand the effects of this on their children and understand how to communicate with them about it. Runs for 2.5 hrs for 7 weeks.

**Self Esteem** is for people who have been knocked down and want to find themselves and learn to love themselves again. Runs for 1.5 hrs for 6 weeks.

**Freedom** is for women who are experiencing or have experienced Domestic Abuse to help them understand what abuse is and to move forward. Runs for 3.5 hrs for 6 weeks.

**Living Life to the Full** is for people who need a bit of help sorting out their feelings when they feel low, worried or hopeless and will learn skills that will help them tackle problems in their lives. Runs for 1.5 hrs for 8 weeks.

We have lots of new groups coming soon. Follow us on Facebook or call us to join our mailing list to keep informed.



PathwaysBDVG

## Services

**Get it Right** is a programme for men who are concerned about and want to end their abusive behaviours. Helping them to make positive changes and build equality in their relationships and learn how to behave in a respectful and healthy way. An integrated support worker is also available to support partners of those on the programme. Runs in Barnsley Weds evenings or Thursday mornings (3 hrs) for 17 weeks.

**Counselling.** For individuals who have experienced domestic abuse. The counsellor will offer respect and empathy in order to work with their client. It is not about giving advice, it's about giving someone the freedom to examine their own issues, empowering them to find their own resolution.

**NLP.** This is a cognitive behavioural approach to personal change. NLP is designed to produce positive changes in thinking, beliefs, attitudes and behaviours. Helping clients to move forward with a better quality of life.

