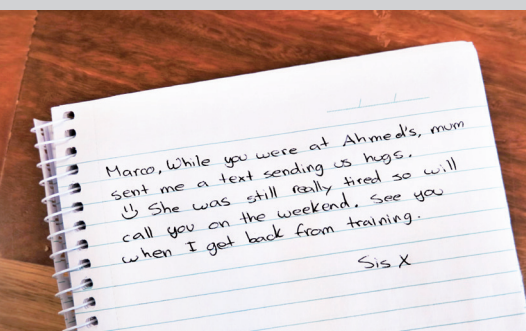


Keeping in touch with your children

Staying connected to your children and loved ones is part of the recovery process and is important for you and your family's wellbeing.

Let's start talking →

Wondering how to stay in touch with your children while you are here? Or how to talk with them about what has happened and your time with us? **Talk over these ideas with us early in your stay.**



Send a personal message

Not feeling up to talking with your kids today? Our staff can support you to get a message through to help reassure them.



Bring in something from home

Bring in a favourite item, a child's drawing or a photograph of your family to decorate your bedroom.



Send something special home

We have materials you can use to create a letter, postcard or special surprise for your kids to find in the letterbox.



Phone or message

But first – you may want think about the best way to chat with your children during your stay. We can help you to work out strategies that support you and your connection to family.



Spend time with your children

Depending on your situation, a visit here, at home or an outing could be planned. Our staff can support you before, during and after you spend time with your kids.



Preparing to go home

There are a number of important steps in your recovery, including the transition home. Talk to us about what to expect and what this might look like for you and your family.

Our staff are committed to supporting you with whatever you choose from this menu of ideas. We will check in with you regularly about your choices.

**Emerging
Minds.**

www.emergingminds.com.au

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