



**family  
lives**

## ***Family Lives Helpline***

Free\* **confidential helpline** for advice, information and support on any aspect of parenting and family life.

**0808 800 2222**

**Mon-Fri 9am-9pm  
Sat-Sun 10am-3pm**



*Through life's ups and downs,  
**we're with you, all the way***

[www.familylives.org.uk](http://www.familylives.org.uk)