



### Get in touch

Please ring 0808 801 0422 or send us a message via Facebook Messenger on @jointhedotsfwa to talk to a support worker in confidence. The service is available between 9am and 5pm Monday to Friday.



We are also available during the evenings and weekends for urgent calls and messages. Contact via phone is available from 6pm to 8am Monday to Friday and 24 hours on Saturday and Sunday and we will respond to Facebook Messenger between 6pm and 2am Monday to Friday and between 9am and 2am on Saturday and Sunday.

For more information about the services we offer and to read stories from survivors, please visit our website [www.fifewomensaid.org.uk](http://www.fifewomensaid.org.uk)

You can also find out more about what we do from our Facebook page or on Twitter, Instagram and LinkedIn.



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**Fife Women's Aid**  
**Join the Dots...**  
our service for  
children, young  
people and families

## What is the Join the Dots service?

It's our service for children, young people (up to the age of 18) and families in Fife who have experienced domestic abuse.

We work with each child, young person or family to create an individualised support plan to help them find ways to explore and recover from these experiences. This includes safety planning to help them manage any immediate risks.

## How can the service help me?

If you're a child or young person, we can provide one-to-one support. We also offer family support visits. These usually take place every week either within your own home, in the refuge, or in another safe environment such as school.

If you're a mother who has experienced domestic abuse you might be struggling with feelings of guilt and low self-esteem. We can support you to develop your confidence and parenting skills so you can create an environment where your children can thrive and enjoy their childhood.

If you and your family need more help, more often you can apply to have access to three or four family support visits each week. We need a social work assessment to support this.

We also provide group support sessions online and in venues across Fife. We can transport children and young people to and from these venues.

Or we can provide a combination of these things.

## How do I get in touch?

To find out more, call Freephone 0808 801 0422 (Monday to Friday between 9am and 5pm)

