

The families are the forgotten victims of a crime they did not commit. Come along and meet us for non - judgemental support and meet other families in similar situations who are willing to listen.

VOLUNTEER!

“Just having someone who understands how you feel, who you can talk to, laugh with and sometimes cry with. Someone to help with basics in life like sorting out benefits, accompanying you the council, doctors or just meeting for a coffee and a chat.”

Family members did not commit the crime but they are still being punished. This support group could be a life saver through your darker days.



**Every Friday Morning
10:00AM - 12:30PM**



**The ORACLE, 18 Adare St,
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**Do you need help, support
and guidance dealing with
family issues brought on by
imprisonment?**



COMMUNITY FOUNDATION
IN WALES
SEFYLLIAD CYMUNEDOL
YNG NGHYMRU



What is Keeping It Together all about?

Keeping It Together is a weekly support group for the families of serving prisoners living in South Wales.

We provide a drop in service every Friday in the form of a support group.

Research has shown that many families live in social isolation brought on by imprisonment.

The support group provides an opportunity for the families including children to meet in a non-threatening environment, with a chance to share experiences and give and receive support from families in a similar situation.

Keeping It Together can help by providing support and guidance with....



We offer....

**Friendship
Mentoring
Workshops
Activities
Support
Events
Volunteering Opportunities
Refreshments**

Keeping It Together is part of Inside Job Recruitment a project based in South Wales that provides training and emotional support starting while men and women are in prison and continuing after release.

Each client is treated as an individual and not judged. Bringing people of all different ages, experiences, backgrounds and culture together providing services and activities for the families and those most in need of emotional support and training to improve thinking and life skills.

Keeping It Together will provide information and services to families that do not have the knowledge or experience of where to go for help.