



Registered charity: 264713

Company limited by guarantee: 01068186

PAC-UK is registered with Ofsted under the Care Standards Act 2000 as an Adoption Support Agency (reg. no. SC066981)

Equal opportunities

PAC-UK is committed to providing a service based on racial equality and equal opportunities. It has an ethnically and culturally diverse staff.

If you have a concern about the ethnicity or gender of your counsellor PAC-UK will do its best to accommodate your request.

PAC-UK operates service user evaluation and complaints procedures.

PAC-UK

Family Action Head Office
34 Wharf Road
London
N1 7GR

Office 020 7284 0555
Advice 020 7284 5879
Email advice@pac-uk.org
Web www.pac-uk.org

First Family 07975 846 249
Email firstfamily@pac-uk.org



www.pac-uk.org/firstfamily



twitter.com/PACUKadoption



Find 'PAC-UK' on Facebook



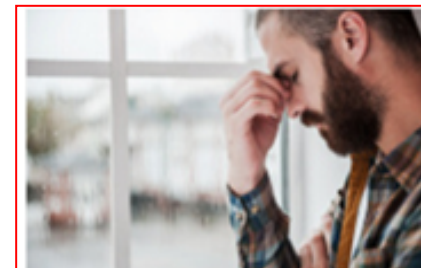
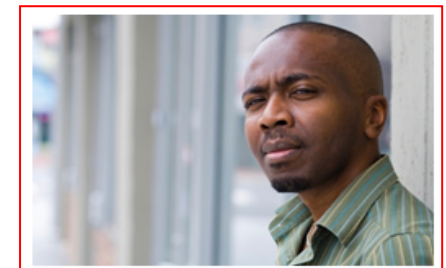
PAC-UK



First Family Service

Is your child no longer with you or is there a chance this may happen?

Free advice and support for birth mothers, fathers & relatives in and around London



What is PAC-UK?

PAC-UK provides specialist therapy, advice, support, counselling and training for all affected by adoption and permanency.

PAC-UK is a charity and is not part of social services or any government organisation.

- ✓ *We know how traumatic losing a child can be.*
- ✓ *We know that you will always be family to your child.*
- ✓ *We aim to help you improve the outcome for any future children you may have.*

First Family Service Action Line

PAC-UK's First Family Service has its own Action Line that you can call and leave a message requesting a call back on **07975 846 249**.

Alternatively, text **07975 846 249** or email firstfamily@pac-uk.org and we will respond to your request at the earliest possible opportunity.

You can also call the PAC-UK Advice Line between the hours listed opposite.

PAC-UK's First Family Service can:

- ✓ *Listen to your story and how you are feeling about your child.*
- ✓ *Help write a letterbox letter. Most people find the first one particularly difficult.*
- ✓ *Help you to write a letter for your child for when they are older.*
- ✓ *Let you know how other parents like yourself feel. We run friendly support groups at our London office.*

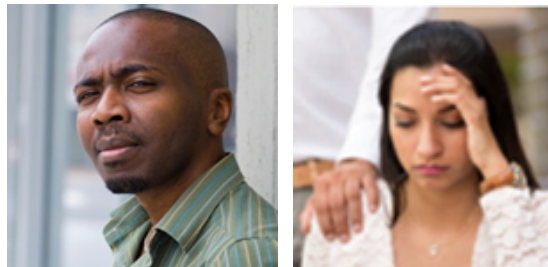
Email firstfamily@pac-uk.org or visit the First Family page on the PAC-UK website for more information

www.pac-uk.org/firstfamily

PAC-UK Staff

PAC-UK's counsellors are professionally qualified in counselling/psychotherapy, psychology and/or social work and have a wide range of experience and training in all aspects of Birth Family support.

Counselling staff are supported by external professional supervisors and administrative staff.



First Family Line
07975 846 249

Email

firstfamily@pac-uk.org

Advice Line
020 7284 5879

Mon, Tues & Fri
10.00am - 4.00pm

Wed & Thurs
2.00pm - 7.30pm

PAC-UK offices and Advice Lines
are not staffed on public holidays