

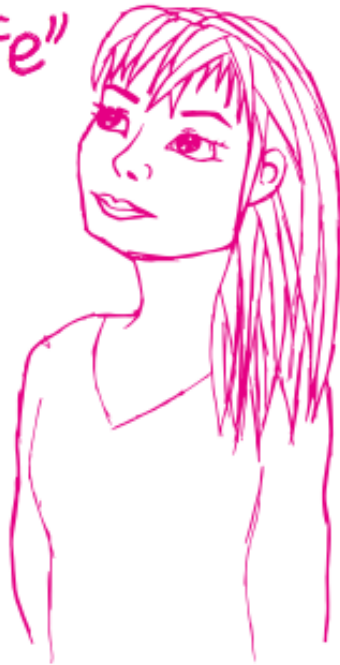
M-PACT[®]

Moving Parents And Children Together

forward



"M-PACT
Saved my life"



National
Gambling
Support
Network

For more information please contact:

andrew.greeney@forwardtrust.org.uk or
liza.mcgee@forwardtrust.org.uk

M-PACT[®]

Moving Parents And Children Together

M-PACT (Moving Parents and Children Together) Gambling Related Harm



forward



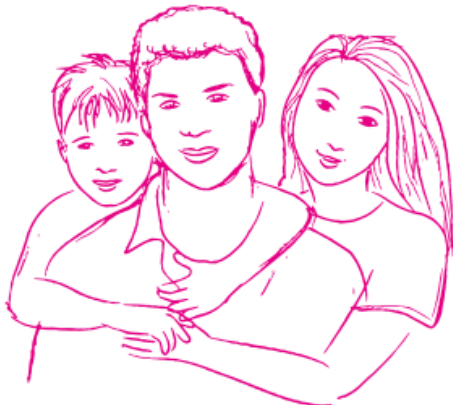
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M-PACT (Moving Parents and Children Together)

M-PACT is a programme that helps parents and children, aged 8-17, talk more openly and safely about the effects of gambling related harms on the whole family and gives them new tools to move forward positively.

To take part in M-PACT, you first need to come with your family to meet us so we can talk more about the programme and answer any questions you may have.

"It made us realise how much we had kept from our child, how much we had hidden and not talked about"



M-PACT can help your family become closer, more caring, understanding and supportive towards each other. Everyone is there to improve their lives and help each other and have fun along the way,

Results show that families have a better understanding of gambling related harms, talk positively and are safer, healthier and happier.

"M-PACT made us all feel good about ourselves. I think the girls felt positive about themselves"



How do I take part?

M-PACT sessions are available to families where;

- One or both parents are experiencing some level of gambling related harm
- There are children aged 8-17 (although sometimes younger children will be considered)