

# Family First



**Are you in need of a little bit of help?**  
**Do you have a concern?**  
**Then maybe we can support you!**

Family First is a free confidential advice and information resource in **East Renfrewshire**.

From time to time families can run into difficulties, emotionally, financially or even physically, stopping them from doing even the simplest of things.

Do you have a child aged **0-8** and require **a little bit of help**? The Family First team would be happy to talk to you about how they can support you and your family.

We have an informal friendly approach and can support you with issues around:

- **School**
- **Health**
- **Home**
- **Other**
- **Money**
- **Parenting**
- **Confidence**

Contact:

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