

# Are you a separated parent?

Are you experiencing problems sorting contact arrangements out?

Are you and your ex struggling to agree on arrangements for your children?

## Child Contact Centres Can Help

Child Contact Centres are safe, friendly, neutral places where children of separated families can spend time with a parent, and sometimes other family members. They are child-centred environments that put the needs of children first.

## How are contact visits arranged?

Many centres accept referrals from parents themselves but if you prefer your solicitor, family mediator and others can make the referral for you. Please contact your local child contact centre or look at [www.naccc.org.uk](http://www.naccc.org.uk) for more information.

Your nearest centre is:

**Carefirst**

**Unit 6, Baseline Studios**

**Whitchurch Road, W11 4AT**

**0207-034-0550 – [info@carefirst.biz](mailto:info@carefirst.biz)**

"The staff are very friendly and always willing to help. I was nervous to begin with and they made us feel less nervous"

"The centre has helped my son and his dad bond and reconnect"

## Why do separated families use contact centres?

- To separate children from the conflict
  - To build, maintain and start relationships
  - As a first step towards collaborative parenting
  - Because parents are unable to agree on arrangements for their children
  - Because contact hasn't taken place for a long time
  - Because parents can't or don't want to see each other
- ...and many other reasons.



Keeping children  
in touch with parents  
following separation.



National Association  
of Child Contact Centres (NACCC)

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