



**The meeting is for you, so  
make sure you get the chance  
to say what you think!**

For more information please see the Family  
Rights Group website: [frg.org.uk](http://frg.org.uk)

## Contact

**info@justpsychology.co.uk**

**0161 262 1622**

**www.justpsychology.co.uk**

All our Family Group Conference Coordinators have attended  
accredited training.

*Just Psychology CIC is a not-for profit social enterprise. We are a  
multidisciplinary group of professionals providing services to address  
the psychological and mental health needs of children, adults and  
families, with particular emphasis on cultural diversity, cultural  
competence and social justice.*



# Family Group Conferences



Information for  
**children &  
young people**

**A Family Group Conference (FGC) is a meeting for you, your family and sometimes family friends. You or your mum/dad/carer might know other people you consider as family. They could also be invited along.**

**Why are we having a family group conference?**

You and your family may be able to sort out your family difficulties by getting together to talk, come up with ideas, and make a plan.

Your social worker will be at the meeting. Other workers such as your teacher, health visitor, youth worker or a friend may also attend. There is also a 'co-ordinator' who organises your meeting and will help and support anyone who attends.

**What happens at the meeting?**

**Am I invited to the meeting?**

Yes. Everyone at the meeting will discuss ideas about how they can improve things for you. At the meeting you can tell people how you feel and how you would like things to change.

The co-ordinator will welcome everyone, and your social worker will explain their concerns to your family. You and your family will then have some private time when you will come up with a plan to make you and any other young people in your family happier and safer.

**What if I am nervous about the meeting?**

You can have someone at the meeting to support and help you say what you want to say to family and friends. If you don't want to speak at your meeting they will speak for you. This person is called an advocate. The co-ordinator can arrange for you to have an advocate. You can choose for your advocate to be a friend, family member, teacher or youth worker etc.

**What happens next?**

After the meeting you and your family will set a date to meet again to see if the plan is working. This is called a review meeting. Changes can be made to the plan if things are not working or a new plan can be written.

