

The Newsletter...



Join our amazing volunteer team and help us make Wrexham a place where every family feels connected and supported. Training and ongoing support provided — all you need is compassion and a little time.

We are well into the new year now and hope you have had a brilliant start to 2026!

Here are some of our upcoming events/courses ...

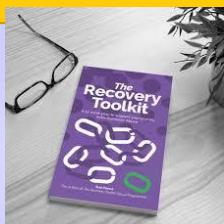
Domestic abuse happens to 1 in 4 women in the UK You are not alone and it's not your fault!

We are running our Recovery Toolkit course again It will start on Wednesday 15th April 10am-12pm.

It runs for 10 weeks, excluding half terms, it will finish on 24th June.

Please contact the office or Sarah @ Sarah@family-friends.co.uk or

07889093453 / 01978 366115



EASTER FUN DAY!!

We are having an Easter fun day at our building on the 9th April, 11am-2pm and we would love to see you there!

There will be games and even an easter egg hunt!

If you would like to come, please call the office to confirm your space



COUNSELLING

We offer a free counselling service for adults and children at Family Friends.

We provide a safe and confidential environment to explore your feelings, issues and experiences without judgement.

If you feel you need to access this service please get in touch.

01978 366115 / 07712659438

Lisa.familyfriends@gmail.com



Walk and Talk

With hopefully warmer weather on its way we have plenty of walk and talks to look forward to this year.

The first will be on 22nd April meeting at 12pm at the office if you need a lift, or 12.15 at Felin Pulston Erddig.

27th May will be at Alyn Waters, again 12 at the office or 12.15 meeting there.

24th June - Felin Pulston Erddig.

15th July – Felin Pulston Erddig.

SEE NEXT PAGE FOR REST OF DATES



16th September – Alyn Waters

14th October – Felin Pulston.

(all dates are same meeting times as shown above)

We hope to see you there!



FOLLOW US ON FACEBOOK

@ FAMILY FRIENDS

Be the first to know what

We're up to / upcoming

Events!



MENS GROUP

We have recently started our very own Mens Group which we hold here at the Salvation Army Building.

It runs on the last Saturday of every month and we already have a wonderful group of men attending and forming friendships!

The next meeting is on 25th April, so if you would like to join this great group please contact Kay

@ Kay@family-friends.co.uk

MIDWEEK MARVELS

From crafts, games or a play on the park our lovely group could be a great addition to your weekly routine.

It runs on a Wednesday afternoon from 4pm – 5.30pm

At the Salvation Army building.

If you would like more info/ would like to join the group

please contact Laura on Laura@family-friends.co.uk



INVENT YOUR FUTURE....

We are now running the 'Invent Your Future' course.

A powerful personal development course that helps you build confidence, set goals, and create the future you want.

Discover how your mindset shapes success — and learn practical tools to unlock your potential, both personally and professionally.

We will potentially be running this group on a variety of dates and times, so if this sounds like something you would be interested in then contact the office and confirm your place on the waiting list.

