

## Work phases

Family work services are available via social workers.



### Starting phase

A plan for family work is prepared together with your family and your social worker.



### Work phase

Getting to know each other:

- we define together what kind of help your family needs
- we focus on what works and what doesn't
- we work towards the change that your family is hoping for.

Meetings are held at agreed-upon times, usually 1–3 times a week.

During the work, we assess the changes achieved with you and the social worker approx. every 1–3 months.

You can have people important to you participate in the assessments. Information recorded in the client information system is entered together.



### Conclusion phase

Going through the work together and preparing a written summary and feedback.

Highlighting your family's experience and looking forward to the future.

The duration of family work depends on your family's needs.

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## Aiming for the child's best interests

This brochure was prepared in collaboration with Child Welfare Services' experts by experience

City of Helsinki  
Social Services and Health Care

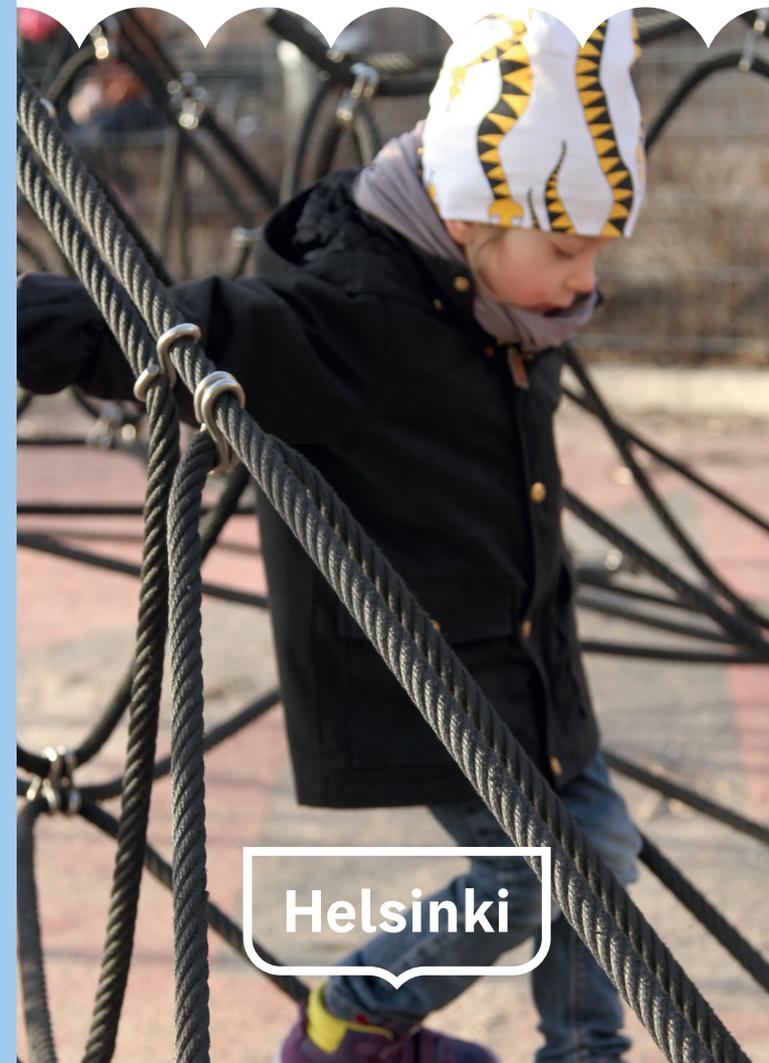
**For further information,  
please visit our website:**

[www.hel.fi/en](http://www.hel.fi/en) > Social Services and Health Care  
> Services for families  
> Child Welfare  
> Family work and rehabilitation

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# Family work

Intensive child welfare family work  
Family work in accordance with the  
Social Welfare Act



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The purpose of family work is to promote the child's growth and development, strengthen interaction between the child and their parent and support parents in parenting. The aim is to examine the family's situation together and find means of achieving change. By working together, we can identify your family's strengths and resources to make your everyday life easier.

### What, where and when?

Together we agree on who participates in meetings and how often they are held. Our meetings can consist of family, face-to-face or networking meetings held either at home or in some other agreed upon place.

The work can include guidance, advice, support, doing things together and modelling of everyday upbringing. Family work services also organise various groups and activity-based meetings.

Depending on your situation, meetings can also be scheduled for the afternoon or weekends.

### Testimonials about family work

*"When you're tired and in distress, you don't have the energy to look for information. Services have weird names, and you can't tell what kind of help each one provides."*



*"The workers have helped me see things from my parent's perspective and now our relationship has gotten better."*



*"The workers listen to all of us and help us agree on things between the child and the parents."*

*"I've received help with everyday life and support for child care. Now I have an adult to talk to and think about solutions with."*

These testimonials have been collected from clients of Child Welfare Services' family work.