



# VETERANS AND FAMILIES SERVICE

Have you or a family member served in the **Armed Forces?**

Do you need help **with family life, mental health or relationships?**

We offer a safe and confidential space for **ALL family members** to help you move forward individually and together.

"It has been a very safe space for me to say how I am feeling and how it is impacting my life"

"It's helped me see my worth... helping me bond with my family better"

"Without this service... we would have simply ended up in court and at war with one another"

"...helped create stability again and worked with us to solve very big issues"

"I always look forward to our sessions.... A year ago, I never believed we'd be where we are now"

"Me and my wife talk more now rather than argue"

Please call, email or visit our webpage to see how we can help!

0300 1800 888 • [vfs@tgpcymru.org.uk](mailto:vfs@tgpcymru.org.uk)

[www.tgpcymru.org.uk/VFS](http://www.tgpcymru.org.uk/VFS)

This service is free with gratitude to our funders



On request this information will be available in different languages and formats. Please contact [communications@tgpcymru.org.uk](mailto:communications@tgpcymru.org.uk)  
TGP Cymru is the working name of Tros Gynnal Plant. Registered Charity No. 1099878.  
Registered as a company limited by guarantee No. 04422485 (England and Wales).  
Registered Office: SPARK, Maindy Road, Cardiff, CF24 4HQ



[tgpcymru.org.uk](http://tgpcymru.org.uk)