



# Supporting Families of British Forces Personnel



We are two parents whose loved ones have completed tours of active duty in places of conflict. Therefore if you have family serving in the Armed Forces we understand if you are feeling

Scared • Anxious  
Isolated • Helpless  
Worried • Angry • Proud

Need someone to talk to? then we are here to:

Support • Listen • Advise

*Don't worry  
alone, just  
pick up the  
phone*

Contact us.

Telephone Anastasia: 07419 343271  
Telephone Sarah: 07817 117899  
[www.unitedfamiliesupportgroup.org.uk](http://www.unitedfamiliesupportgroup.org.uk)



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