

## Supporting families like Steph's living under immense pressure

Steph, a young single mother from the UK, is too terrified to find work having recently come out of an abusive relationship. Her children's father left but he continued to threaten them, repeatedly breaking into the family home.

The last time this happened he was arrested but everything became too much for Steph and her children to cope with on their own.

So some Mothers' Union members gave them the opportunity to get some breathing-space with a day at the beach. It's amazing how something so simple can have such a big impact.

Mothers' Union - giving families the chance to start healing with support and quality time spent together.

