

# CONTACT US

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Biggest change is my complete change in my behaviour. It does help a lot talking to other people that have the same problems as yourself. They don't judge you at all, they are here to help and listen. It was a big step ahead and has changed my thought processes.

**Participant**



I think I need to actually look at my own childhood now to make sure I don't repeat the same patterns.

**Participant**



I would say [my partner] has really grown as a person as a result of both courses, he seems a lot calmer and knows when to stop and take a time out before things get on top of him. Even though it was a bad situation to begin with, he is a better partner and dad now.

**Participant's partner**



# PATHWAYS TO CHANGE

Navigating towards a healthy relationship



**Accessible leaflet version**  
<https://hamptontrust.org.uk/leaflet-pathways-to-change/>



# WHAT IS PATHWAYS TO CHANGE?

All relationships have conflict at times. Acknowledging that your words or actions have caused harm can be difficult, but help is available. Seeking support is the necessary first step on the journey towards healthier relationships.

Pathways to Change is available to anyone seeking support, whether you are concerned about how you handle conflict in your relationship or whether you feel you have hit a crisis point. Our practitioners will work with you to find the right support pathway for your needs and circumstances.

Pathways to Change is a service designed to help you understand the difference between healthy and unhealthy actions associated with harmful behaviour. You will learn tools and strategies for more positive behaviours in your relationships and make steps towards a better future.

This service offers an intervention for parents who want to strengthen their relationships with their children, model healthy behaviours, and co-parent more effectively. It equips parents with the tools and strategies needed to build emotional connections, set positive examples, and create a supportive child/parent environment.

Pathways to Change is an inclusive service available to all genders.

# HOW DOES THE SERVICE WORK?

You will meet with welcoming, knowledgeable practitioners who will get to know your circumstances and background to understand how we can work together and what intervention is suitable for your needs.

The service is delivered in a variety of settings (including one-to-one and group sessions) depending on the intervention recommended.

# WHERE IS THIS AVAILABLE?

Pathways to Change is currently available in Portsmouth, Southampton, Isle of Wight, and across all Hampshire boroughs and districts.

# WHAT OTHER HELP IS AVAILABLE?

Some people who have completed working with us and found it valuable now volunteer to support current participants. If you want to speak to someone who has been through our service, our Pathways to Change mentors are available to answer any questions.

Practitioners can guide you toward additional support if needed, including referrals to counselling, substance misuse services, housing assistance, and other specialist resources tailored to your circumstances.

Support is also offered by specialist practitioners for partners or ex-partners of those participating in Pathways to Change. Engagement is optional and includes the opportunity to understand our interventions, access emotional support, wellbeing advice, and be signposted to appropriate community resources.