

# MY GUIDE TO SOLVING OUR FAMILY PROBLEM

## First I will try to



Take good care of myself so that I can take care of my family



Listen well and try not to blame others



Listen to what my children need



Love, care and demand the best from my children



Find new ways to provide support for myself and my family



Ask for help if we cannot solve the problem together

Separation and other family conflicts can cause pain. But by taking these steps and seeking help, many families are able to find happiness again

## Please help me with these steps

1

### Find out what we need



Together with a helper we find out what our needs are

2

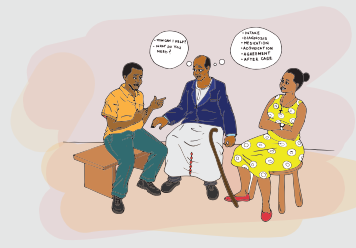
### Reach a solution together



We try to find a solution together

3

### Get help where needed



If we cannot agree together, a professional helps us to find a solution

# COMMITMENT CARD TO SOLVING OUR FAMILY PROBLEM

**I want to achieve**

**Because**

**We can communicate and cooperate with each other.**

**We make sure that we each live in a safe home**

**We raise our children well and we make sure they receive proper education**

**We make sure to not include our children in our problems**

**We share responsibilities within the family in a fair way**

**We both have a secure income**

**Other**

If you need help to achieve this, you can bring this to a friend or a family member. A lawyer, social worker or local council court. Or the police, a prosecutor or a judge in a court may be involved.

Please help our family to find solutions that work. You can find recommendations and best practices on [ugandafamilyjustice.com](http://ugandafamilyjustice.com). The best practices are collected by experts and families who have dealt with the same problems. The Justice Law and Order Sector and HiiL recommend you to apply these recommendations and best practice