

Feel like you're also
serving a sentence?

You're not alone

Every year over 200,000 children are affected by the imprisonment of a parent. The experience is stressful and emotional. Knowing what to expect can help.

Through the free **Visiting Times** app, you can:

- Hear about other families' experiences
- Explore parts of a prison
- Learn why it's important to stay in touch with a relative inside



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