



How will it help me?

The programme could help **parents and carers:**

- respect each other
- reduce family conflict
- have fun together again
- learn how to set limits and rules that work
- understand how the family fits together
- become a more confident parent
- guard against substance misuse
- survive the pre-teen years!

"Parents having difficulties are not alone!"

The programme could help **young people:**

- understand issues around pressure from friends
- learn how to be assertive and say no when they need to
- value why parents and carers have to set boundaries
- consider their future
- learn skills for dealing with stress.



"I've learnt to listen and to spend more time together."

To help you attend the course transport and financial help for childcare may be provided where appropriate.

To find out about a Strengthening Families Programme in your area phone

Strengthening Families Programme

for parents, carers and young people aged 10-14



A parents, carers and young people's guide to the Strengthening Families Group. A seven week programme which works with families to help strengthen their relationships with each other.



Why could it help me as a parent or carer?

Pre-teen and teenage years can be a very difficult time to deal with as a parent or carer.

Your child is growing up and becoming a young person and wants to be independent.

Often this can create problems in the family as they have not yet developed enough understanding of the world to be able to make sure that they keep themselves safe.

The Strengthening Families Group session activities are planned to:

- help you learn communication skills that support your children
- teach you how to successfully bring up and guide your children
- help you understand how your family fits together.

"I've had no letter from the school since the course started!"

Why could it help me as a young person?

The sessions will give you a chance to think about your future and to realize how much your parents and carers do for you.

"I've learnt ideas, like how to handle peer pressure and other problems about you or your family"

The sessions will teach you skills for dealing with stress, and learn how to handle pressure from your friends by learning how to be assertive and say no when you need to.

What can I expect?

A friendly group of around 8-10 parents and carers with 8-10 young people who want to make positive changes to their family life.

The group is led by a team of people who already work with young people and their families. We will make sure that you know at least one member of the team before you arrive.

The group meets for seven weeks. So that you don't go hungry food is provided before and in the middle of the sessions!

Parents and young people meet for separate activities for the first hour and then you will all come together in the second hour for a family session.

"I speak calmly. I'm not shouting as much."

Attending all sessions is essential to avoid missing out on ways to help improve your family life.

You will not have to share any personal information with the group.

During the programme you will have contact with one team member and they will help and support you outside the sessions through phone calls, meeting up with you or visiting you at home.

