

For more information, please contact:

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The Strengthening Families Programme

Guide for Parents and Carers

This programme is for families with children aged 9-16. Parents and young people work separately and together focussing on:

- Building life skills for young people
- Building parenting skills
- Strengthening family relationships



The Strengthening Families programme is a supportive environment in which parents and their children attend together to focus on strengthening their relationship.

Group sessions are delivered within community venues and give parents and their children the opportunity to meet other families, discuss topics that are concerning them and learn new skills.

Parents' sessions are DVD led and workers lead short discussions on topics shown. Young people's sessions use active learning games to engage those attending. Families also work as part of larger groups and as individuals.



SESSION TOPICS

Parent Sessions:

- Using love and limits
- Making house rules
- Encouraging good behaviour
- Using consequences
- Building bridges
- Protecting against substance misuse
- Using community resources

Young People's Sessions:

- Having goals and dreams
- Appreciating parents
- Dealing with stress
- Following rules
- Handling peer pressure
- Reaching out to others

Family Sessions:

- Supporting goals and dreams
- Appreciating family members
 - Using family meetings
- Understanding family values
- Building family communication
 - Reaching our goals

