

# Strengthening Families Programme

For parents/carers and young people aged 10-14

## Comments from Parents....

I've developed patience, understanding and ways to listen more (these sound easy but believe me they weren't at first!)

I now know how to set limits and goals using rewards and consequences that work!

I have learnt to change and grow with my youth

We now work together as a family

## Comments from Young People.....

Spending time with my mum has made us closer

I've learnt to look after me!

I've learnt to not go mad and just stay calm



The Strengthening Families Programme is a 7-week programme that supports families in strengthening their relationships with each other.

Parents and Young People meet in separate groups for the first hour, and then come together in the second hour for a family session.

The group is led by a group of people from a variety of different agencies and backgrounds, who already work with young people and their families.

### It includes activities designed to:

Help parents and carers build on their skills that support their children.

Get some new ideas on dealing with setting boundaries and supporting your youth through their school years

Support families to solve problems together

Help young people develop skills in handling peer pressure and building a positive future

## WELLINGTON CHILDRENS CENTRE CHEVALLIER ST, IPSWICH IPI 2PB

TEL: 01473 263900

**Starting: Tuesday 24<sup>th</sup> April – Tuesday 12<sup>th</sup> June 2018 (7 weeks) 4:00pm- 6:30pm**

**(No group half term week Tuesday 29<sup>th</sup> May)**

To book a place contact Bernie Stephenson - Parenting Coordinator

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