

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

Ipswich Academy, Braziers Wood Rd, Ipswich IP3 0SP

Starting:

Monday 10th October (new start date) 2016 4:00pm – 6:30pm

Sausage/
chicken
nuggets
and
chips
supper

For details on how to apply to attend:
Kay Witchalls 07540671191 or Yvette Hart 07808735771
parenting@suffolk.gov.uk
or Mrs Newman or Mrs Brader 01473 550040

7 sessions
+ 2 booster
sessions
in Spring
Term 2017