

What do families say about SFP?

“Strengthening Families has helped me so much to deal with teenagers in a better way”

“I have a better relationship with my child”

“I can listen to my child more without shouting”

“It helped me with me ma and I get on better with my sister & bro and me da”

“I liked the way we learned how to deal with things”

“When we’re angry, we don’t shout, we talk”

“Coming here made it easier to talk about issues”

CONTACT US



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Ballymun Strengthening Families Programme



Ballymun SFP is delivered and supported by a range of local statutory, community and voluntary services. It is funded and managed by Ballymun Local Drugs Task Force.



**Strong Families,
Strong Community**

Ballymun Strengthening Families Programme



**SFP Information
for Families
2015**



What is the Strengthening Families Programme?

Ever thought you would like your family to get on better?
Or that you would like your family to spend more time together?



This could be the programme for you!

The Strengthening Families Programme is a 15 week family skills course to help parents and teens/children develop and build positive relationships. Local agencies and volunteers support the programme and families. Families attend one evening per week of the SFP term (Feb-May/Sept-Dec).

Who is SFP for and how do I apply?

- SFP is open to all families in Ballymun with teens aged 12 to 16 years (post primary school) or children aged 6 to 12 years.
- Families come in all different shapes and sizes and any adult who takes a 'parenting' role is considered a parent.
- Application forms are available from the SFP Manager, from a local agency or on our website:
www.ballymunlocaldrugtaskforce.ie

Where and When?

SFP 12-16 years	6:00-8:30pm Geraldstown House	<i>Tuesday Evenings</i> Feb 17th - May 26th 2015
SFP 6-12 years	5:00-7.30pm Geraldstown House	<i>Tuesday Evenings</i> Sep 8th - Dec 15th 2015

What happens on the night?

Dinner (for families and SFP Team)
Parent and Teen/Children Skills (separate groups)
Family Skills (meet together)

Transport & Childcare needs can be discussed with the Programme Manager if either are a barrier to attendance.



Graduation



On the 15th week all families who have completed the programme celebrate their achievement at a graduation ceremony and receive a Certificate of Attendance and a Family Portrait.

Topics for Parents:

- Encouraging good behaviour
- Family meetings
- Communication skills
- Handling peer pressure
- Managing stress
- Problem solving and giving direction
- Setting limits

Topics for Teens (12-16):

- Speaking and listening skills
- Staying cool in conflicts
- Speaking up for yourself
- Being who you want to be
- Problem solving
- Coping with criticism and anger

Topics for Children (6-12):

- Speaking and listening skills
- Problem solving
- Parents game
- Childs game
- Understanding rewards