



# Families Matter

## *“Working to support families in Donegal”*

### Who we are:

We are a team of dedicated professionals responsible for the co-ordination and roll out of the Strengthening Families Programme (SFP) and more recently the provision of the newly established Families Matter Advocacy Service in Co. Donegal. We deliver parenting programmes that support families to raise happy and contented children.

### What is the Strengthening Families Programme?

Being a parent in today's world is a big job. The Strengthening Families Programme is a parenting and family strengthening programme for families finding life and parenting stressful. Families who complete the programme can expect to experience increased family strengths, resilience and communications skills as well as reduced child and youth problem behaviours, including emotional and social problems, and improved self-esteem. It is a confidential evidence-based family skills programme for families with children ages 6-12 years and 12-16 years. It's a programme for the 'whole family'. The programme has been extensively evaluated.

### Families Matter Advocacy Service:

In the Families Matter Advocacy Service our focus is to encourage and support families to speak up for themselves so that they enjoy the education, health, lifestyle and living conditions that should be available to all families living in Donegal. It supports families, parents and guardians to advocate on behalf of themselves and their children.

#### To find out more contact:

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