

What is the Strengthening Families Programme (SFP)?

- Have you ever wished communication within your family were better?
- Wished you spent more time together as a family?
- Feeling under pressure as there is so much to be done?

Well the Strengthening Families Programme may be just the programme for everyone in your family

This programme is FREE and runs for 14 weeks, one evening a week

What happens on the evening?

- Any Family who need transport to the venue

6:00 – 6:45	Family Dinner
6:45 – 7:35	Parent & Teen Groups
7:45 – 8.30	Family Group
8:30	Home

- Transport Home for families who require it

The same thing happens on each of the 14 evenings except the last evening when.....



It's Graduation & Celebration Night

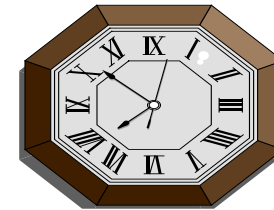
Who can apply?

- **The programme is open to ALL FAMILIES with teens living in the Kilkenny City area**
- **Adults who are parents, guardians or who play a parenting role within the family can be involved**

Whether your family is the Waltons or the Simpsons or a mixture of both YOU ARE WELCOME

Some of the things you'll cover are.....

- Helping your teen handle pressure
 - Encouraging good behavior
- Communication for better relationships
 - Managing stress
- Solving problems and giving direction
 - Setting Limits



What some parents say about the programme.....

- "The programme has helped me so much to deal with my teens in a better way"
- "Relationships within the family have improved"
- "The family communicate with each other better"
- " I can listen to my child more without shouting"