



Strengthening Families Programme Parent Information



Strengthening Families Programme

If you or anyone in your family would like more information please
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Public Health
Agency



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What is Strengthening Families Programme?

Most parents do a great job of taking care of their teenagers, but from time to time raising teenagers can be challenging. Sometimes parents need a little extra support. The Strengthening Families Programme has been designed to build on your parenting skills in a safe, neutral and judgemental environment. It provides an opportunity to meet other parents who are facing some of the same issues that your family are experiencing.

If you would like your home to feel calmer, if you wish you could enjoy being a parent more, if you want to improve your relationship with your child then The Strengthening Families Programme is for you.

Strengthening Families is a free 14 week programme which brings the whole family together one night a week to enjoy a meal as a family and increase skills, such as how to talk to your children so that they listen.

One night a week families will be able to enjoy a family meal together in a neutral venue. The family will then participate in three group sessions, one for the parents, one for the teens and one which brings the parents and teens together.

Some of the topics covered are:

- Helping your teen handle pressure
- Encouraging good behaviour
- Communication for better relationships
- Managing Stress
- Family Meetings
- Solving Problems and Giving Direction
- Setting Limits



Agencies who have participated in previous training and continue to assist in the facilitation of the programme include: Health; Housing; Education; PSNI; Community and Voluntary and many more.

What happens on the night?

6.00 - 6.40pm	Dinner for Families
6.40pm - 7.30pm	Parents and Teens Sessions (separately)
7.30pm - 7.40pm	Break
7.40pm - 8.30pm	Family Session (Parents & Teens Together)
8.30pm	Home

Transportation is available for families on request and childcare is available for children up to 12 years old. Parents and Teens who attend regularly receive small incentives throughout the programme.

Graduation Ceremony

On the 14th week of the programme all families who have completed the programme come together to "graduate". The graduation ceremony is a celebration and an acknowledgement of the families achievement.

Who can apply?

All families in the North West region with teens between the ages of 12 to 16 are welcome to apply. "Families" come in all different shapes and sizes. Any adult who plays a parenting role with a teen is considered a "parent".

How do I apply?

If you or anyone in your family would like more information please contact Leona on 028 7161 1384 or 074 0305 0507 or email her on Leona@derryhc.com



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