

WEEKLY FAMILY SUPPORT

Throughout the programme families will have a Link Person who will contact them on a weekly basis to support and guide them through the 14 weeks of the programme.

WHO CAN ATTEND THE PROGRAMME?

This confidential programme is for the whole family. It has been found to significantly improve family relationships and therefore lead to the reduction of problem behaviours in children, improve school performance, reduce criminal behaviour and alcohol and drug use in teenagers

HOW CAN MY FAMILY ATTEND THIS PROGRAMME?

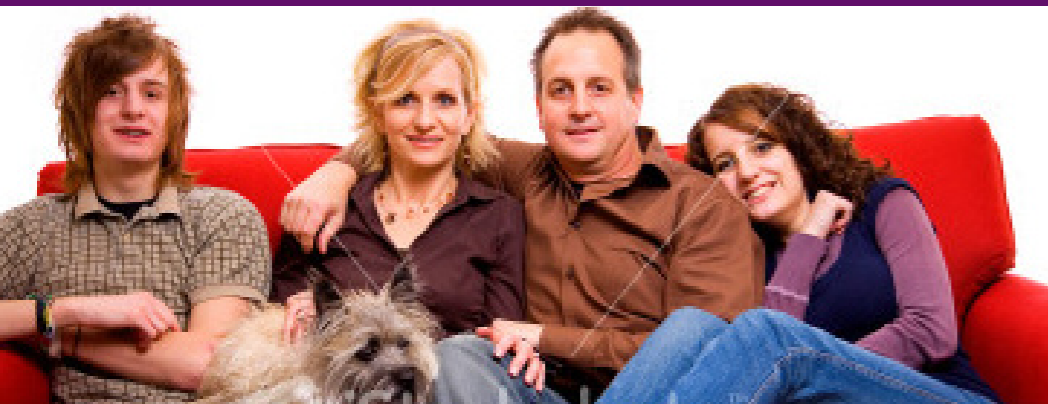
You must be referred by a participating agency.
The link person in this agency will then forward your details in confidence to:

Donna Butler
Strengthening Families Programme Coordinator
Phone: 074 9125596
Email: sfp@nwaf.ie

Your Link Person is

Venue

Date



North West Alcohol Forum Ltd.
UNIT B9, Enterprise Fund Business Centre,
Ballyraine, Letterkenny
Tel: 074 9125596 E-mail: sfp@nwaf.ie
www.nwaf.ie



The Strengthening Families Programme
Working together

Design: www.Mannadesign.net



WHAT IS THE STRENGTHENING FAMILIES PROGRAMME?

The Strengthening Families Programme is for families with children aged 6-12 years and/or teenagers aged 12-16 years. It runs for 2.5 hours one night per week over 14 weeks. The programme has been shown to have a positive impact on family relationships, in reducing involvement in crime, increasing good behaviour and school performance.

IT INCLUDES 3 CLASSES :

- Parent skills Classes
- Child/Teen skills Classes
- Family life skills classes

WHO DELIVERS THIS PROGRAMME?

A number of specially trained people within the Donegal community who work with youth and families, including; Youth Workers, Family Support Workers, Counsellors, Social Workers, Nurses, Teachers and Garda.



PROGRAMME OUTLINE

This is an informal and relaxed Programme. Each session lasts two and half hours. Each week the programme starts with the families having a meal together. Following this the families are divided into two groups; Parent Skills and Child/Teen Skills. The last hour is a Family Skills session for both child/teens and their parents.

1. PARENTS SKILLS

Parents learn to increase positive time with children, manage stress, give clear directions, hold family meetings, and use effective discipline..

2. CHILDREN/TEENAGERS SOCIAL SKILLS GROUP

Young people learn communication skills, peer resistance, consequences of substance misuse, anger management, problem solving, dealing with criticism, and other social skills.

3. FAMILY SKILLS TRAINING GROUP:

Parents and teenagers practice together new skills learned.

WHAT DO FAMILIES GAIN FROM THE TRAINING?

- Improved family relationships
- Enhanced parenting skills
- Learn effective communication skills
- Improved self esteem in teenagers
- Better able to manage anger and criticism
- Learn how to manage stress
- Teenagers learn to resist peer pressure

HELP WITH TRANSPORT & CHILDCARE

We understand that it can be difficult for some families to attend. If required, there is help available to make arrangements for transport and childcare.

