

WHAT DO OTHER PARENTS SAY?

“STRENGTHENING FAMILIES HAS HELPED ME SO MUCH TO DEAL WITH MY TEENAGERS IN A BETTER WAY”

“I HAVE A BETTER RELATIONSHIP WITH MY CHILD”

“..I CAN LISTEN TO MY CHILD WITHOUT SHOUTING”

“..YOU GET TO EXPRESS YOURSELF”

“THE MORE YOU GO, THE EASIER IT BECOMES, BECAUSE YOU DO IT TOGETHER”

This project is assisted by the Maureen O'Connell Fund of the Society of St Vincent de Paul



In Partnership with:



STRENGTHENING FAMILIES PROGRAMME

For 12-16 year olds



Communication skills
Managing stress
Family meetings

www.empowermentplus.ie
Making positive change

PARENT INFORMATION

WHAT'S SFP ALL ABOUT?

Have you ever thought that :

- You'd like to communicate better with your teen?
- You'd like to spend some more time together as a family?
- You'd like to reduce the amount of conflict in your relationship with your teen?

SFP could be for your family. It's a **FREE** 14 week family skills programme where the whole family comes together one night a week!

On the night we run 3 classes; Parenting skills, Teen skills and Family Skills.

Some of the topics covered:

- Encouraging positive behavior
- Communication skills
- Managing stress
- Family meetings
- Problem solving and giving direction

WHAT HAPPENS ON THE NIGHT?

6-6.30	DINNER FOR FAMILIES
6.30-7.15	PARENTS GROUP & TEENS GROUP MEET SEPARATELY
7.15-7.30	BREAK
7.30-8.15	FAMILY SESSION-ALL TOGETHER
8.15	HOME



**GRADUATION:
WEEK 14 WILL BE A
CELEBRATION OF YOUR
FAMILIES SUCCESSFUL
COMPLETION OF THE
PROGRAMME.
YOU WILL BE PRESENTED WITH A
CERTIFICATE OF ACHIEVEMENT**

MAKING IT EASY:

WE TRY TO MAKE IT EASY FOR YOU TO ATTEND BY HAVING DINNER ON SITE. PLEASE SPEAK TO YOUR KEYWORKER IF YOU REQUIRE FURTHER ASSISTANCE.

WE ALSO THROW IN THE ODD TREAT FOR FAMILIES WHO REGULARLY ATTEND AND PARTICIPATE....

KEY POINTS:

SFP SKILLS ARE FOR ALL FAMILIES.

THE '**FAMILY**' CAN COME IN ALL DIFFERENT SHAPES AND SIZES. AN ADULT WHO PLAYS A PARENTING ROLE WITH A CHILD IS CONSIDERED A '**PARENT**'.

SFP MAKES FAMILY LIFE LESS STRESSFUL AND MORE REWARDING.

IT IS NOT THERAPY AND YOU DON'T HAVE TO SHARE ANYTHING YOU DON'T WANT.

SFP HAVE BEEN RUNNING FOR OVER 20 YEARS IN 26 DIFFERENT COUNTRIES.

IN IRELAND, IT HAS RUN IN A NUMBER OF REGIONS AROUND THE COUNTRY INCLUDING DUBLIN, CORK, LIMERICK THE NORTH EAST AND NORTH WEST AND IN GALWAY.

HOW DO I APPLY?

You can contact the SFP Coordinator directly on the phone numbers included

Or

Contact an agency that you are linked with who can fill out the application form with you.

**ALL FAMILIES
WHO ATTEND
COME
BECAUSE THEY
WANT TO BE
PART OF A
CHANGE. SFP IS
ABOUT YOU
CHOOSING TO
MAKE
POSITIVE
CHANGES IN
YOUR FAMILY.**