

Have you heard
of the
strengthening
families
programme?

Yeah...What
exactly is it
though? I'm not
too sure about
it...

It sounds like
counselling but
its not! I had a
lot of fun at it!

Oh really...maybe
I'll check it out!
Heard you get
free food...nice!

It's a bit weird at
first but everyone
is really nice and
mum and I getting
on much better:)

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STRENGTHENING FAMILIES PROGRAMME

For 12-16 year olds



Communication skills
Managing stress
Family meetings

www.empowermentplus.ie
Making positive change.

TEEN INFORMATION

What Is It?

The Strengthening Families Programme is a three hour, free workshop that takes place once a week for fourteen weeks.

The workshops are split into different groups for both parents and teens .

Both groups learn skills and ways to deal with conflict in the home.

Each night when you arrive you will firstly be served a hot meal to enjoy with your family.

The groups then meet separately to discuss various issues. Nobody has to speak if they do not want to.

After a short break both groups have a joint session before going home.

True or False?

You get free food and the odd prize. TRUE!

The Strengthening Families Programme is counselling. FALSE!

It can improve how you and your family deal with problems. TRUE!

You have to share things you are not comfortable telling others about. FALSE!

You will be listened to by somebody who cares. TRUE!

What do you get out of it?

The Strengthening Families Programme is a great opportunity to meet new friends, the programme can greatly improve your confidence and your skills when managing arguments or difficult situations at home, it is also a great way to spend quality time with parents.

Added information...

All families can attend the Strengthening Families Programme.

It is **NOT THERAPY!** You do not have to share anything you don't want to.

The Strengthening Families Programme has been running for over 20 years in 26 different countries.

It has been running in Ireland for almost five years.

On the final week there is a graduation party where the families are awarded with a certificate to represent their successful completion of the programme.

Come along, we would love to have you!

This brochure was designed in consultation with Tuam Comhairle na NOg