



Strengthening Families Programme Teen Information



'I've been given
good advice'



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?
Being a teenager is an exciting time in your life, but it can bring challenges. You may feel that:

- No one understands you
- No one is listening
- No one cares
- No one else knows how you feel

Teenage years are a time when you are changing. Your attitudes, your feelings and your friends can all be changing. At this time you may experience a mixture of emotions such as loneliness, isolation, anxiety, stress and suffer from peer pressure.

If you are aged between 12-16yrs the SFP can help you and your parents to strengthen your relationship. For 14 weeks you will have the opportunity to meet other young people your age, participate in activities and games and win prizes. You will learn skills to help you express yourself. It will be a chance to have fun and enjoy time with your whole family.

Over 14 weeks you, your parents and your brothers and sisters (or whoever your family members are to you!) will come together with other families for 2.5hrs per week. The 14 weeks will be fun and on week 14 you and your family will graduate!

Over 14 weeks you will learn:

- How you can resist peer pressure,
- keep out of trouble,
- How to deal with stress and emotions at home, at school and in your everyday life.
- It will help you and your parents to understand each other better. This programme will help you be more confident, happier and help you set positive goals for your future.
- The Strengthening Families Programme will show you how to cope with the challenges that young people experience

What do you gain?

- Meeting other teens and families
- Time with your own family
- An opportunity to develop skills and build your confidence in dealing with parents and family
- One night a week where your family sit together for dinner
- As a reward for attending you might even receive small incentives

'I know how to communicate without shouting'

'I love the fun activities'

'Programme has given me lots of things to think about'

'I've learned new skills'

'I can talk to my parents now'

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.



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