



Who runs Strengthening Families?

All of the groups are run by facilitators who are trained in the Strengthening Families Programme and are there to listen to you and understand where you are coming from.

How do you get involved?

At any stage you want to leave the room or take time –out someone will always be there to support you.

What do I get from Strengthening Families?

If you want to find out more please talk to a person who works with your family (social worker, family support worker, JLO) and they will discuss the programme with you and your family in more detail.

At the end of the Strengthening Families programme you will graduate along with your family and will receive a certificate for taking part.

When you graduate there will be an extra special night for you and your family

What is the Strengthening Families Programme?

The Strengthening Families Programmes is a service just for *You & Your Family*. This programme can help you with problems at home, in school, with friends and problems you may face as a teenager.

How Does Strengthening Families Work?

You and your family will attend the Strengthening Families Programme 1 evening a week for 14 weeks for 2 1/2 hours along with other families in a safe and secure environment to discuss Topics such as:

Peer pressure, anger management, alcohol & drugs, how to express your feelings and deal with issues as they come up

Each Evening is Broken down the following way:

- For the first half hour you and your family will sit down with other families and the people running the programme for a meal.
- The next hour you will spend in a group of other teenagers finding out ways to overcome certain difficulties in your life all the while having fun.
- In the second hour you and your family will come together in a group to learn more about each night's topic.

How will the programme help you?

We hope that when you have finished the Strengthening Families Programme that you will be able to cope better with anything that happens in your life.

Rewards and incentives are given to those who participate in the Strengthening Families programme.

Strengthening Families is really exciting because you will meet other young people who may be going through what you're going through, get along better with your family and your friends and to deal with problems that may come up for you.



For more information please contact:

The Strengthening Families Programme

