

Strengthening Families 10-14 (uk)

Information for Parents

The family remains the single greatest influence in young people's lives. We all want to protect our children, raise them well and give them the best possible start. WE all know that bringing up a child is one of the toughest and at the same time one of the most rewarding experiences in our lives.

- Do you want to meet other parents to discuss the joys and difficulties of being a parent?
- Would you like some tips and ideas on how to talk with your child so that they listen.
- Are you worried that your child might start smoking, drinking or experiment with drugs in their teenage years?

Our **Strengthening Families Programme** is here for all families with young people aged between 10 and 14 years of age to help prepare them for their teenage years. The 6 week programme is aimed at reducing behavioural problems in adolescence and strengthening your relationship with your child. Through discussions, fun games and activities families solve problems together, learn rules and consequences and explore ways to show love, support and strengthen family communication. Our programme is unique in that it works with both parents and children together in the same group.

Venue: Codsall Fire Station, 48 Duck Lane, Wolverhampton WV8 1JS
Time: 5-7pm
Dates: 2nd, 9th, 16th, 23rd October, 6th, 13th November, Tea is included.

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Information for Young People

Being a young person is great and exciting!...But it can be tough at times too. Your teenage years will be filled with fun and opportunities, but there will also be challenges along the way. These challenges can be really tough and it's important that you know how to handle them to make sure that you get through and meet your goals!

How can it help you?

The Strengthening Families Programme can help to prepare you for the years ahead, helping you to understand things such as managing stress and peer pressure. As a young person you may sometimes feel that you're not listened to or not treated fairly. You may not understand why you need rules or consequences. Strengthening Families can help with this too.

What will happen at the sessions?

Having your parent/carer at the sessions to support you is really important. While you are taking part in the youth sessions, your parent/carer will be in the next room learning a few things too! Then after a break, you will come together for a family session. Through discussions, fun games and activities you will solve problems together, learn about rules and consequences and explore ways to show love, support and strengthen how you and your family communicate with each other.

It will be great to see you there!