

Frequently Asked Questions

“Who is the programme for?”

- Families with a young person aged 10-12 who live in the Colin area.

“How much does it cost?”

- It's FREE!

“Where is it run?”

- Locally, in the Colin area at Footprints Women's Centre in Poleglass.

“How will I get there?”

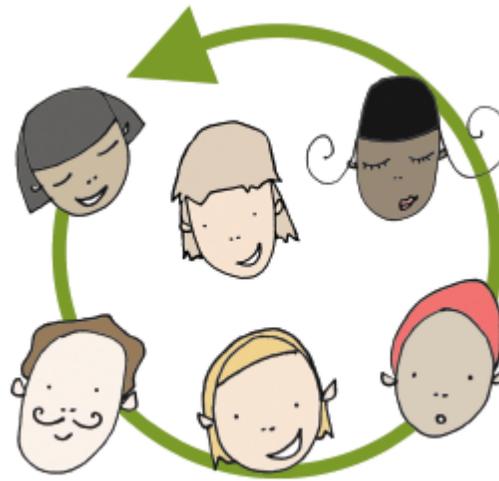
- We'll provide transport if necessary.

“What if I've more than one 10-12 year old?”

- That's okay!

“How does my family enrol?”

- Call Clare or David using contact details given on back page of this leaflet.



Strengthening
Families Programme



Strengthening Families Programme

7-week programme for parents/carers and young people



Starts November 2019 (date TBC) in the Colin area, (Venue: Footprints Women's Centre)

For any family living in the Colin area with young people aged 10-12 years

Contact:

Clare McGeady (Quality Specialist) or
David Simpson (Colin Early Intervention Programme Manager)

At:

Colin Neighbourhood Partnership,
Cloona House, 31 Colin Road, Belfast BT17 0LG

Tel: 028 9062 3813

Email: clare@newcolin.com

david@newcolin.com



What's it all about?

Strengthening Families is a 7 week programme for families living in the Colin area with young people aged 10 to 12.

Becoming a teenager can be a challenging time for both young people and their parents. The Strengthening Families Programme is **proven** to positively support parents/carers and young people through this time of change.

Strengthening Families is designed to:

- Help parents/carers **build on their strengths** in showing love and setting limits
- Support parents to help their child have a **positive experience of teenage years**
- Develop skills in young people to **handle peer pressure**
- Build **self-confidence** in young people
- Help young people **set goals** for the future and achieve them
- Help young people **avoid problems** with drugs and alcohol
- **Support** the transition to secondary school
- Develop **empathy** in young people
- Help young people develop skills in handling peer pressure and **building a positive future**
- Increase **parent/carer confidence** in setting boundaries
- Help both parents/carers and young people **recognise each other's strengths and positive qualities.**

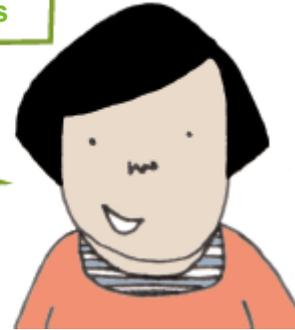
What happens?

Parents and carers:

- You'll meet other parents/carers with children aged 10 -12 like you
- You'll watch DVDs that show different family situations and learn from them
- You'll do activities that will help your relationship with your child.

I'm able to support my child's dreams and goals

I'm able to stay calm and get my point across



Young people:

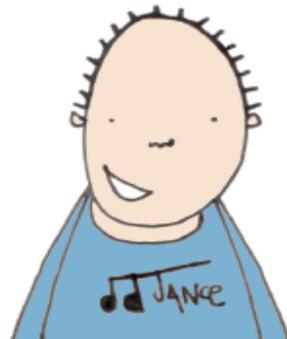
- You'll meet other young people your age
- You'll watch some DVDs, take part in activities and games, win prizes and have FUN.

I know how a good friend behaves

I know healthy ways to handle stress

I understand my parent's point of view

I can make good choices for myself



What will we do?

- The Programme will involve up to 12 Colin area families, including parent/s or carer/s and their child aged 10-12
- Your family will attend **7 weekly sessions** held on the same evening each week from **5pm to 7.30pm**
- 2 booster sessions may be held a short while after the main programme
- Each weekly session begins with a **hot meal** and the chance for families to socialise
- Parents/carers and young people meet in their own groups for an hour
- Parents/carers and young people then come together for a 1-hour family session
- A **free crèche** with fully trained staff is available for babies and younger children.

What difference does it make?

Parents/carers attending previous Strengthening Families programmes run by Colin Neighbourhood Partnership said their child's behaviour had improved.

The programme was most effective in helping parents deal with discipline and setting boundaries.

“Thoroughly enjoyed the course. Very friendly. Kids made friends and we enjoyed every minute”

“The facilitators were great and non-judgmental. I have learned to praise my children and criticise them less.”