

How can families join?

To find out more and to register for a place, please contact:

Coram Islington Parenting Support Service
020 7561 8461 and say that you are interested in Strengthening Families 10-14 UK.
Parents can also call the freephone parenting support line on 0808 168 5717.

Summer 2010 Course Details

Start Date: Monday 7th June 2010 from 4.30 –7.30
Course duration 7 weeks
Includes family meal

Venue: Manor Gardens Centre
9 Manor Gardens
London, N7 6LA
Tel: 020 7561 8461

Strengthening Families

10-14 UK

A free programme for families with children aged 10 - 14 to help prepare for the teenage years, avoid problems with drugs and alcohol and strengthen family communication



Funded by



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Families

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for children
since 1739

Strengthening Families 10 – 14 UK

This popular programme has been successfully running in the UK for 8 years and is now available in Islington for the first time.

This is a chance to meet up with other parents and young people in a relaxed and friendly atmosphere and to be guided through a programme that other families have found genuinely helpful at the stage when children are growing up into teenagers.

What will we do?

- Your family will attend for three hours a week, for 7 weeks. Transport can be provided and the programme will happen after school
- After a simple meal to start with, parents and young people meet separately with trained group workers for the first hour
- For the second hour, parents and young people meet together in family activities, again with group workers
- Through discussions and fun games, families solve problems together, learn about rules and consequences and explore ways to show love and support

The programme ends with presentations of certificates and each family will receive vouchers for a free family outing.

Help may be available with childcare for families with younger children.

**It's really good
and you make
new friends**

Parent sessions

- Using love and limits
- Making house rules
- Encouraging good behaviour
- Using consequences
- Building bridges
- Avoiding problems with drugs & alcohol
- Using community resources

What parents and young people have said about the programme:

I like working with my parents. I enjoyed the car game and the treasure map – you know, talking about your dreams

I did learn – from keeping out of trouble really. And we use the points chart. If I tidy up I get my pocket money. And I understand my mum better now and she understands me better too

Young people sessions

- Having goals and dreams
- Appreciating parents
- Dealing with stress
- Following rules
- Handling peer pressure 1
- Handling peer pressure 2
- Reaching out to others

Family sessions

- Supporting goals and dreams
- Appreciating family members
- Using family meetings
- Understanding family values
- Building family communication
- Reaching our goals
- Putting it all together and graduation

I'm a single parent, it's very hard to be a mum and dad. The course has been extremely beneficial