

Strengthening Families Programme Information for Parents



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Derry Healthy Cities

'Registered with the Charities Commission for Northern Ireland NIC101856'

 Public Health
Agency
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What is The Strengthening Families Programme?

Most parents do a great job of taking care of their children, but from time to time raising children can be challenging. Sometimes parents need a little extra support.

The Strengthening Families Programme (SFP) has been designed to build on your parenting skills in a **safe, neutral, non judgemental environment** and provides an opportunity to meet other parents who are facing some of the same issues that your family are experiencing.

Families come in all shapes and sizes. Any adult who plays a parenting role with a child is considered a 'parent'.

If you tick yes to any of the following then the SFP is for you.

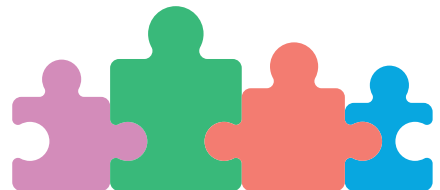
Would you like

- A calmer home environment
- An improved relationship with your children
- To enjoy being a parent more

Yes

No

SFP is a 14 session programme which brings the whole family together one evening a week to enjoy a meal as a family and increase skills, such as how to talk to your children so that they listen.



Strengthening Families Programme

Some of the topics covered are:

- Helping your child handle peer pressure
- Encouraging good behaviour
- Communication for better relationships
- Managing Stress
- Family Meetings
- Solving Problems and Giving Direction
- Setting Limits

'We are feeling more positive about things now. When things are bad you feel that there is no way out, when you meet other people in the same situation it does help.'