

Strengthening Families

Programme Content

Strengthening Families is a free 7-week targeted programme for mothers, fathers, grandparents and any other adults who have responsibility for caring for young people aged 10 -14 years.

The programme is available in schools and community venues. It uses videos, role-playing, discussions, games and family projects to:

- Support young people to say 'no' to peer pressure
- Encourage young people not to use alcohol or drugs
- Help parents/carers to set appropriate boundaries for their young people
- Improve family relationships
- Increase parent/carer self-esteem and confidence.

Access Pathway

Parents wishing to access the programme or agencies wishing to refer their clients on to the programme can contact the Family and Parenting Team on (0191) 443 2908.

Next Steps for Parents

- Family Learning or adult learning. For information about current provision, contact Family, Adult and Community Learning on (0191) 561 2620
- A parent peer support group. Group organisers can contact the Family and Parenting Team on (0191) 443 2908 for details of funding available to set up a new group
- A community activity. Search the directory to find one <http://www.familiesinfoservice.com/findaservice.html>
- Volunteering. For details of the training package and induction available to local parents/carers, contact your local Children's Centre.