

Strengthening Families Programme

For parents/carers and young people aged 10-14

Comments from Parents & Carers...

I've developed patience, understanding and deal with things without shouting
Not always easy but I can do it

We work together to make sure rules are followed and there are fewer arguments now

We are able to communicate and this helps us all

We now work together as a family

Comments from Young People...

Spending time with my mum has made us closer

I've learnt to deal with stress & respect my parents!

I've learnt to not go mad and just stay calm



The Strengthening Families Programme is a 6-week programme that supports families in strengthening their relationships with each other.

Parents and Young People meet in separate groups for the first hour, and then come together in the second hour for a family session.

The group is led by a group of people from a variety of different agencies and backgrounds, who already work with young people and their families.

It includes activities designed to:

Help parents and carers build on their skills that support their children.

Get some new ideas on dealing with setting boundaries and supporting your youth through their school years

Support families to solve problems together

Help young people develop skills in handling peer pressure and building a positive future

**We will be running a programme at
St Illtyds High School
Starting:
Wednesday 26th April 2017**

**For more details and information contact Emma Davies on 02922 330288
or contact Luisa May at the school for an application form
Email: sfp@cardiff.gov.uk**

- Refreshments provided
- Games and prizes

- Play session provided on site for younger siblings
- Help with transport costs



'Putting Families First in Cardiff'



Strengthening Families Programme

