



Strengthening Families North East Ltd

Strengthening Families will commence on Tuesday 25th September 2018 for 8 sessions from 4.15pm-6.30pm at Blyth Central Children Centre, 103 Wright Street , Blyth, NE24 1HG

The programme is delivered for 2½ hours over 8 weeks and is designed to:-

- Help parents to build nurturing skills and be able to support their children
- Support parents in placing boundaries around their children's behaviour and reinforce the message that all behaviour has consequences
- Support parents and young people in developing positive relationships
- Enable families to communicate effectively
- Support young people in developing skills to enable them to cope with stress and peer pressure
- Help protect against substance misuse and anti-social behaviour

Young People Topics (1 hour)

1. Having Goals & dreams
 2. Appreciating parents
 3. Dealing with stress
 4. Following rules
 5. Handling peer pressure 1
 6. Handling peer pressure 2
 7. Reaching out to others
- Workers present concepts in a game format
 - Each session includes active games and learning activities
 - Emphasis on having fun while learning

Family Topics (1 hour)

1. Supporting goals and dreams
2. Appreciating family members
3. Using family meetings
4. Understanding family values
5. Building family communication
6. Reaching our goals
7. Putting it all together

Parent Topics (1 hour)

1. Using love & limits
 2. Making house rules
 3. Encouraging good behaviour
 4. Using consequences
 5. Building bridges
 6. Protecting against substance misuse
 7. Using community resources
- Facilitators establish group agreement
 - Sessions are video led
 - Facilitators lead short discussions

For information or to book a place, please contact Sarah Tannock at ESCAPE Family Support on 01670 544055