

What do other parents say about it?

“Strength[ening] Families has helped me so much to deal with my teenagers in a better way”.

“To be more patient and to listen to my son, to communicate better and...talk and support each other...when I say I love him he says it back to me...learned to be a better parent...”

“I have a better relationship with my child”

“..I can listen to my child more without shouting”

“You get to express yourself”

“The more you go, the easier it becomes, because you do it together”

Agencies Involved in the Management of SFP:

Ballymun Job Centre

Ballymun Local Drugs Task Force

Ballymun Lifestart

Ballymun Regional Youth Resource Centre (BRYR)

Ballymun Youth Action Project

Ballymun Youthreach

Geraldstown House Family Resource Centre

Probation Service (Young Person's Programme)

Strengthening Families Programme
Clíodhna Mahony, SFP Manager
Axis Centre, 2nd Floor
Main Street, Ballymun

Contact: Clíodhna Mahony
Phone: (01) 8832142
E-mail:
Clíodhna@ballymundtf.ie
www.ballymundrugstaskforce.ie



Funded & Managed by
Ballymun Local Drugs Task



PARENT INFORMATION

Strengthening Families Programme - Ballymun



(SFP 12-16)

**Strong Families,
Strong Community**

WHAT'S SFP ALL ABOUT???



What is the Strengthening Families Programme (SFP)?

Have you ever thought you'd like to communicate better with your teen? That you'd like to spend some more time together as a family? Or there's just too much to be done? Then Strengthening Families may be the programme for you!

Strengthening Families is a FREE 15 week family skills training programme where the whole family comes together one night a week!

Local agencies facilitate and support the programme and host the venue for the 15 weeks.

On the night, 3 classes are run—Parenting Skills; Teen Skills and Family Skills.

Some of the topics covered for parents:

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

What happens on the night?

6:00-6:40: Dinner for families

6:40-7:30: Parents & Teens Groups (meet separately)

7:30-7:40: Break

7:40-8:30: Family Session (parents & teens together)

8:30: Home

Transportation to and from the venue is available for families on request and childcare is also available for children up to age 12. Parents & teens who regularly attend receive small incentives at key points in the programme.



When do we graduate?

On the 14th week, all the families who have completed SFP come together to celebrate. Families are presented with a Certificate of Attendance.

Who can apply?

All families in Ballymun with teens between 12 and 16 years old are welcome to apply. "Families" come in all different shapes and sizes. An adult who plays a parenting role with a teen is considered a "parent". Whether you're the Waltons or the Simpsons all are welcome!

How do I apply?

You can contact the SFP office directly on the phone numbers below to get an application form

or

Contact an agency in Ballymun who can fill out the application form with you and your family.

If you or anyone in your family would like more information, please do feel free to phone us or contact us by email.



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