

Sign Up! Sign Up!

All you need to do to sign up is be between 12 and 16 years old and have a parent/guardian join with you!

If you and your parent(s)/guardian would like more information to join the programme, call Clodhna on (01) **8832142**.



SFP Support

Strengthening Families is supported by many local agencies in Ballymun. It is through their help and support that this programme is made available to teens and their families.

Strengthening Families Programme (SFP)

Strengthening Families Programme
c/o Clodhna Mahony
Axis Centre, 2nd Floor
Main Street,
Ballymun

Ph: (01) 8832142

Email:

cliodhna@ballymundtf.ie



Funded by Ballymun
Local Drugs Task
Force



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Strengthening Families Programme (SFP)



Strengthening Parents & Teens (12-16)

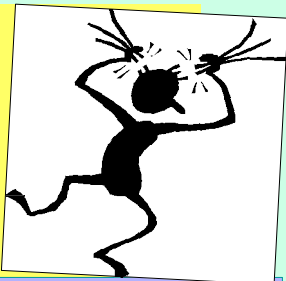
► Strong Families,
Strong
Community

Teen Information

► What is SFP???

Ever thought that you just can't talk to your parent(s) or family?

Ever thought they just don't understand you?



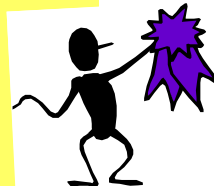
Feeling frustrated?

This is your chance to learn how you can understand each other better! If you're between 12 and 16 years old, SFP is a programme for you and your parent to learn new ways to talk to each other about all those things you never thought you could talk about!

Over 14 weeks, you and your parent(s) will come together with other teens and parents for 2 and a half hours a week, to learn these new skills. On the 14th week, you and your family will graduate!

Some of the things you'll cover...

- Staying cool in conflicts
- Being who you want to be
- Speaking up in your family
- Dealing with relationships
- Solving problems



SFP—Your shot to make a difference!

What do you get out of it?

- Meeting other teens and families
- Time with your own family
- An opportunity to develop skills to build your confidence in dealing with parents and family!

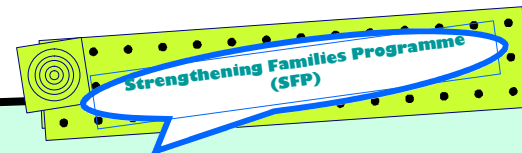
What other teens say about it:

"I liked the way we learned how to deal with things" (Teen Graduate 2009)

"I liked speaking out and getting to talk to my mam better. I enjoyed mixing with other teens" (Teen Graduate 2009)

"I liked the time with my mum and dad" (Teen Graduate 2009)

"It helped me with me ma and get on with me sister and bro and me da." (Teen Graduate 2009)



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