

Would you like to feel more confident in your parenting skills?

Would you like to meet parents with children/young people of similar ages?



Would you like to strengthen your relationship with your child?

Are you curious about your child's behaviour?

Next courses runs from:

29/09/15 - 24/11/15

10am to 12.15pm

26/01/16 - 22/03/16

5.15pm to 7.30pm

10/05/16 - 05/07/16

10am to 12.15pm

To find out more contact

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Address

Norwich Parenting Service

c/o City Academy Norwich, Bluebell Road,
Norwich NR4 7LP



Strengthening Families Programme
Norwich



The programme is for Parent/carers with children/young people of 10 - 15 years inclusive

What is the Strengthening Families Programme?

- It's a programme that aims to help young people and their parent(s) or carer(s) find ways of getting on better with each other.
- It's a chance for Young People to get together with other people their age to talk about stuff that is important to them.

This programme is designed to:

- Improve parenting skills and teach effective parenting styles
- Build life skills in youth, including stress management, conflict resolution, peer pressure and communication.
- Strengthen family bonds, positive communication, and the ability to solve problems together

The course will involve:

- Friendly group leaders
- A safe relaxed atmosphere
- Fun and laughter
- DVD clips
- Group discussion
- Refreshments

Comments from parents and young people who have taken part in a Strengthening Families Programme:

My relationship with my mum is better and has improved. I've met new people and I've learnt skills on peer pressure which could help me in the future.

We have learnt to listen to each other, respect each other's opinions and feelings. Our relationship has improved.

We do more things together and make more plans together.

I can open up to my mum more. I can finally stick up for myself. Me and my mum have become much closer.

I entered this programme and was unsure at first what I was getting into. But it proved to be overwhelming valuable. Without this opportunity I don't know what I would have done.

Being able to communicate with my young person.

The course runs for **2 hours** a week over **8 weeks**.

The date and times are on the back of this leaflet.

This course is **FREE** of charge.



Don't worry if you don't know anyone else coming to the course.

One of the course leaders will contact everyone before the course starts.

We will tell you more about the course and talk about what you hope to get out of it.