

Strengthening Families Programme

(for any family living in Perth & Kinross with young people in P6 & P7)

Do you recognise any of these, which can sometimes cause stress?

'Squabbling Siblings' - 'Mum where's my gym kit' - 'I need money for the school trip'

'Hey Dad, I need a lift to football. I'm really late' - 'It's my phone I need my privacy'

'Look at the state of that room, you're not going anywhere' - 'You don't understand me'

Strengthening Families is a 7 week programme that helps families with young people in P6 & P7 to prepare for their teenage years. Becoming a teenager can be a challenging time for young people and parents alike. Strengthening Families is proven to support both parents and young people through this exciting time of change, helping them to achieve greater success when they move on to secondary school.

The programme looks at age appropriate parental expectations, positive parent-child relationships, empathy with parents stresses and strategies, positive goal setting & planning, supportive family involvement, Youth reflective skills, Peer refusal skills.

What happens?

As a family you attend one session each week for 7 weeks.

Each week you will learn by...

- Taking part in fun activities
- Sharing discussions
- Watching informative DVDs



What about dinner, child-care, transport and does it cost?

- An evening meal is provided at each session
- Crèche facilities are available for brothers and sisters
- Transport can also be arranged
- The programme is FREE!

The programme will be running at
Breadalbane Community Campus

Wednesday - Meet & Greet 01/2 (4.00—5.00pm)

Sessions - 08/2 22/2 01/3 08/3 15/3 22/3 29/3 (5.00-7.30pm)

Programme starts at 5.00pm & finishes at 7.30pm with a 1/2 hour break for tea

Application forms or information can be obtained from:

- School – Application forms and leaflets can be obtained here
- PKC website (type Strengthening Families on search tab) or evidence2success@pkc.gov.uk
- Contact SFP Co-ordinator Marco Allen on 01738 458019 or MarcoAllen@pkc.gov.uk

