



Families in Focus



Joining together
to make things better

Strengthening Families Programme

For Parents/Caregivers & Young People (10-14 Years)

This 7 week programme aims to:

Strengthen family communication and

Prepare parents and young people for teenage years

Parents/caregivers will discuss

- Strengthening family relationships
- Making rules and consequences
- How to solve problems with young people
- Ways to show love and support



Young People will learn to

- Handle frustration
- Resist peer pressure
- Appreciate parents/caregivers
- Get along with others

Families will

- Have fun in activities and games
- Discuss what makes your family strong
- Solve problems together

Day: Every Thursdays

Time: 5 – 7.30 PM (Dinner at 5 pm)

Venue: Regents High School, Chalton Street, NW1 1RX

Programme Starts on Thursday the 27th of April 2017

Childcare and travel support provided if required

For more info and to book a place, please contact:

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