

Strengthening Families Parenting Course

Who is it for?

The course is for parents and carers of young people aged 10 – 14 years. All parents/ carers and young people attend the sessions.



What does the course involve?

You will attend the course for around 2 hours a week for 8 weeks. During the first hour, parents and young people meet separately in groups. During the second hour, parents and young people

meet together in family activities with other families. There will also be 4 group leaders to support you and your young people throughout the course.

The course aims to:

- Build on your skills and techniques for dealing with challenging behaviours
- Help you and your young person communicate better with each other
- Help you provide clear boundaries and positive discipline
- Help you to help your child get the most out of school
- Increase your self confidence

I'm interested - what happens next?

Whoever gave you the information about the course will ask you to fill in an application form and send it to us.

The course leaders will arrange to meet you before the course starts to find out a bit about you and your child and to give you the chance to meet them in person and ask any questions that you may have.

All courses are free of charge and refreshments are provided too!!

Parents will focus on:

- **How to make life at home calmer**
- **How to solve problems with young people**
- **Ways to show love and support**
- **Setting rules and consequences**

Young People will focus on:

- **Dealing with stress**
- **Resisting peer pressures (looking at smoking, alcohol and drugs)**
- **Getting along with others**
- **Appreciating Parents**

Families will enjoy fun games and activities, solve problems together and look at what makes your family strong.

Who? Where? When?

**Elton High School,
Walshaw Road, Bury, BL8 1RN
Starting Wednesday 10th February
2010 5:00-7:30
0161 253 5403/6247/6571/6165 or
email us at: parenting@bury.gov.uk**