

STRENGTHENING FAMILIES PARENTS PARENTS & YOUTH (11-16)

A 9-WEEK PROGRAM TO CREATE STRONGER FAMILY CONNECTIONS

Strengthening Families for Parents and Youth (SFPY) is a nine-week skill-building program for families with teens/tweens 11 to 16 years old. The program takes a 'whole family' approach that helps parents and teens to develop trust and mutual respect. Each week covers topics like positive attention, communication, clear expectations, setting and supporting goals, fair limits, handling stress and anger, and problem solving. Parents and teens must commit to attending the sessions together as both must participate in the sessions to gain from the program.

In the first hour, families enjoy a healthy family meal together. In the second hour, youth and their parents participate in separate sessions where they discuss a range of topics. In the last hour, both youth and parents come together again for a session where they build on the topics and skills they've explored separately. Childcare is provided for siblings under age 11.

How does the program help youth and their families?

SFPY helps youth to develop resiliency. It helps parents to understand their role in how their children develop attitudes and behaviours that affect their mental health and well-being. It also provides parents with effective strategies for communicating with their teens/tweens, guiding their behaviour and acting as their role models.

Youth are involved series of engaging activities that allow them to express themselves, find out more about each other and have fun. The joint parent-teen sessions provide an opportunity for parents and teens to interact in a positive way, to engage in activities on an equal footing and to participate in thoughtful dialogue on challenging topics.

Sept 13–Nov 08, 2018

Thursday evenings, 5:30-8:30pm

Exeter Elementary School, 93 Victoria St. E.

Parents and Youth (11-16 years)

To register call Johanna

519-482-3416 ext. 2285

