Strengthening Families Programme

Summer Fun – July 2017

**So what is Strengthening Families and what will it do for me?**

It is an excellent opportunity for parents and young people to work individually and together on a range of typical issues that may affect any families with young people,

building relationships that help the whole family through the pre-teen and teenage stages.

There are 7 sessions of fun family activities for ALL children aged 10-12 years old and their parents or carers. Sessions run from 12noon – 2.30pm, a light lunch will be provided at each session.

*Comments from a parent who attended:*

“Loved spending time with my child and seeing her gain confidence with her learning, for me it has made me motivated and open to chat things through with her”

**The programme is FREE!**

For more information on the dates in July and how to book a place, go to [www.pkc.gov.uk./strengtheningfamilies](http://www.pkc.gov.uk./strengtheningfamilies)

**AUTUMN Programme**

If you are not available for the Summer Sessions, but would like to attend in the autumn, please contact us to let us know and we will keep you updated with when the next groups will be running. The sessions are once a week for 7 weeks, starting early evening, offering something to eat and crèche facilities for younger children.

You can also access our application form electronically on Perth & Kinross Council website at [www.pkc.gov.uk./strengtheningfamilies](http://www.pkc.gov.uk./strengtheningfamilies) or to express an interest please email evidence2success@pkc.gov.uk