

How To Apply

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Strengthening Families Programme



 [@Perth_Parenting](https://twitter.com/Perth_Parenting)

 [Parenting and Family Learning Team Perth and Kinross](https://www.facebook.com/ParentingandFamilyLearningTeamPerthandKinross)

 www.pkc.gov.uk/parenting

If you or someone you know would like a copy of this document in another language or format, (on occasion, only a summary of the document will be provided in translation), this can be arranged by contacting the Customer Service Centre on 01738 475000.

You can also send us a text message on 07824 498145.

All Council Services can offer a telephone translation facility.

www.pkc.gov.uk

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For any family living in Perth and Kinross with young people aged 10 and 11 years old.



What's it all about?

The Strengthening Families Programme is a 7-week programme that helps families with young people aged 10 and 11 years old 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 time of change.

What happens?

As a family you will attend one session per week for 7 weeks. Each session is held in the evening and lasts for 2½ hours.

During these sessions you learn by:

- *watching DVDs;*
- *taking part in activities; and*
- *discussions.*

In the first hour parents and young people meet in their own groups to take part in activities with group workers.

In the second hour everyone comes together again to be involved in family activity.

What are the benefits?

Parents and carers . . .

With each session your confidence will grow as you:

- *learn about different ways to support your young person; and*
- *learn how to set boundaries as they get older.*

Most of all, Strengthening Families helps your whole family to experience your young person's teenage years more positively.

Your whole family . . .

By the end of the 7-week programme you will have a much better understanding of each other's strengths and qualities, helping you to become much stronger as a family and better able to support each other.

Young people . . .

With each session your confidence will grow as you:

- *develop skills for handling peer pressure, which helps you to avoid problems such as drugs and alcohol;*
- *develop skills in learning how to better appreciate the feelings of others;*
- *learn how to set your own goals for the future, helping you to achieve greater success when you move onto secondary school.*

Frequently Asked Questions

Who's it for?

Any family with a young person aged 10 and 11 years old.

How much does it cost?

It's free!



Where will I have to go?

The programme is run in places near to your home such as community centres, schools and other local venues.

How long will the sessions last?

2½ hours per week, for 7 weeks.

Who will be there?

Other parents/carers and young people.

Are there refreshments?

Yes, an evening meal will be provided.



Will there be childcare/play sessions for other children in the family?

Yes, and these are free!

How will I get there?

Where necessary, we can help with the cost of transport.