



Parentsplus Adolescent Programme



For parents/carers of young people
aged between 11 and 16 years old

Delivery

- 10 weeks, 2 hours per week
- Group work at a local Children's Centre

Morning delivery 9.30-11.30am*

Afternoon delivery 12.30-2.30pm*

Evening delivery 6-8pm

- Programmes begin January, April and September
- Parents receive Parentsplus Workbook and weekly resources

*Creche services may be available, term time only depending on availability and location.



Primary Goals

Supporting Adolescents to:

- Make responsible choices
- Communicate positively
- Feel empowered
- Achieve their goals

Helping parents, learn how to:

- Improve communication with their teenager
- Find solutions to problems together
- Teach their teenager responsibility
- Have a better relationship with each other





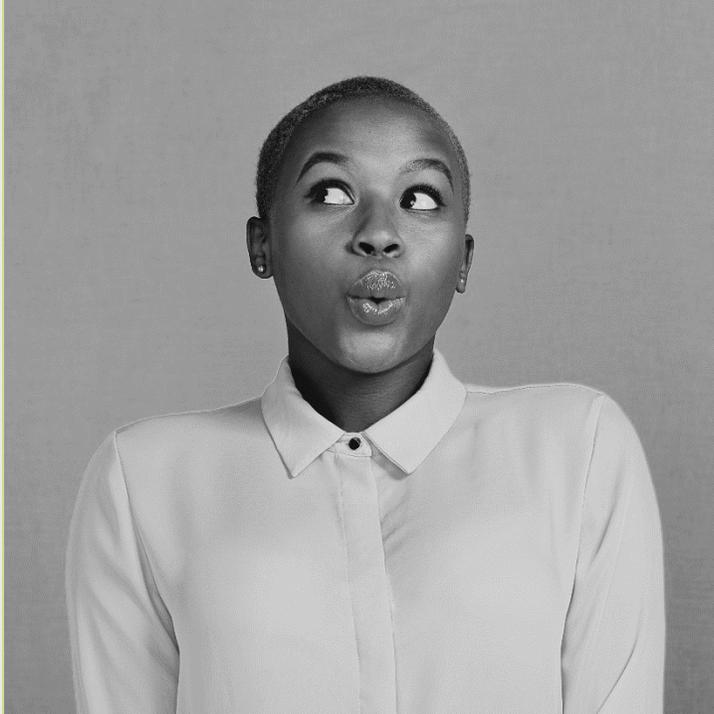
Plus:

Drug & alcohol
information

Technology
information

Sex health
information

Intended outcomes



- Getting to know and connecting with your teenager.
- Communicating positively and effectively.



- Positive discipline for teenagers.
- Managing conflict.
- Solving problems together.



- Building your teenager's self-esteem and confidence.
- Negotiating rules and boundaries.
- Teaching teenagers responsibility.



What parent's say about the programme....

“Open, frank discussion. No judgement - promoting a good group dynamic.”

“I like that I felt listened to and was given good advice on alternative approaches to addressing an issue”

“I have the confidence to try different ways of approaching and handling an issue, and I try and take what positives come out of the situation to use next time, and avoid repeating those that worked less well or were inflammatory”

“Feel empowered to deal with my children in the knowledge that my approach is appropriate and proven.”

Get involved!
I was dreading it but I have got so much out of it, and met some fantastic people (and parents) along the way.



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