

Want to find out more about the Strengthening Families Programme?

Please Contact:

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Strengthening Families Programme



Helping to make your family stronger
Groups running in Dundee and Angus

What we do:

- ◆ Our Strengthening Families Programme offers 7 sessions to help improve communication between parents/carers and their young people aged 10-14.
- ◆ Sessions run once a week for approx. 2 and ½ hours and are held after school time.
- ◆ During the first hour there are separate youth and parent sessions.
- ◆ The groups then break and eat together. (Snacks and drinks are provided).
- ◆ During the final hour young people and parents work together.

Improvements have been reported as early as week 3.



Youth Group Topics:

1. Reaching Goals
2. Appreciating Parents
3. Coping with Stress
4. Following Rules
5. Dealing with Peer Pressure
6. Peer Pressure and Good Friends
7. Reaching out to Others



Parent Group Topics:

1. Showing Love and Setting Limits
2. Making House Rules
3. Encouraging Good Behaviour
4. Understanding Consequences
5. Building Bridges
6. Protecting Against Substance Misuse
7. Getting Help for Special Family Needs



Family Group Topics:

1. Supporting Goals and Dreams
2. Appreciating Family Members
3. Using Family Meetings
4. Understanding Family Values
5. Building Family Communication
6. Families and Peer Pressure
7. Putting it all together

