



# Information Service

## Strengthening Families 10-14

### What is Strengthening Families 10-14?

Strengthening Families 10-14 is a 7 week course for parents, carers and their adolescent children. The course runs regularly throughout the year at venues around South Gloucestershire.



## **What is covered on the Strengthening Families 10-14 Course?**

Strengthening Families 10-14 is a course where both parents, carers and their young people work together on family relationships.

Parents and young people meet in separate groups for the first hour each week then, during the second hour, parents and young people meet together in family activities. Through discussions and fun games families solve problems together, learn about rules, consequences and explore ways to show love and support

## How is the course run?

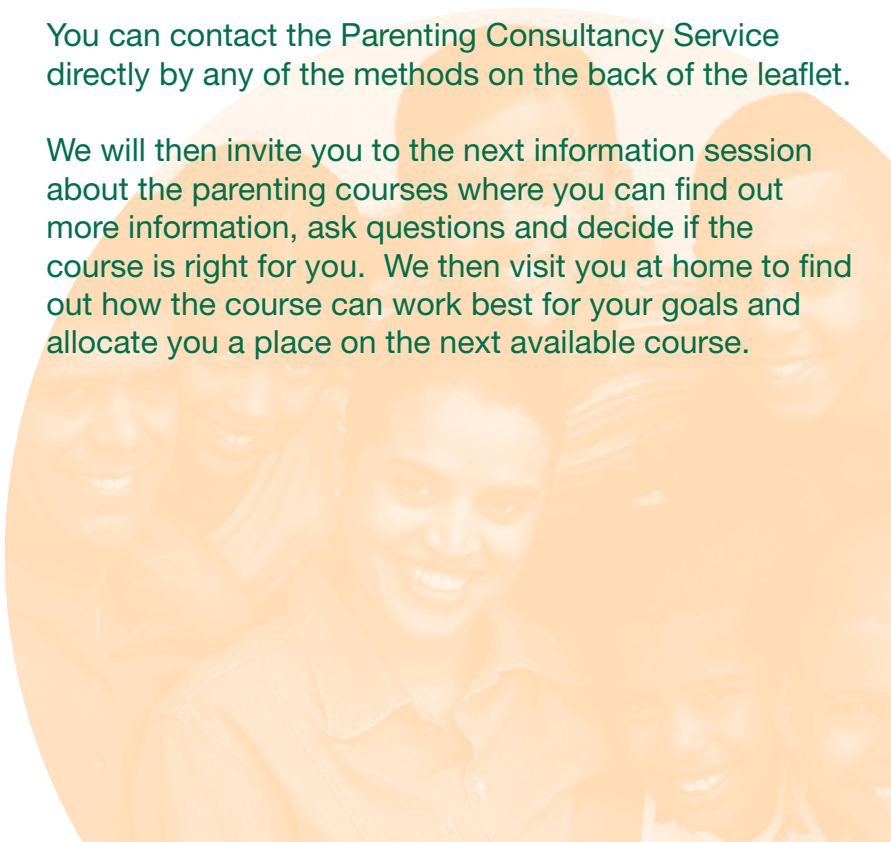
The Strengthening Families 10-14 course is run by the Parenting Consultancy Service who ensure that each course is delivered by 5 facilitators experienced in working with children and their parents and families.

Course are run in groups of up to 12 parents and carers. Each adult can be accompanied by one child in the family. Each session lasts for 2.5 hours with a short coffee break in the middle. Ideas are shared through a mixture of discussion, group activities and watching DVDs. Each week families will be given notes to take home and things to practice.

## What do I do if I'm interested?

You can contact the Parenting Consultancy Service directly by any of the methods on the back of the leaflet.

We will then invite you to the next information session about the parenting courses where you can find out more information, ask questions and decide if the course is right for you. We then visit you at home to find out how the course can work best for your goals and allocate you a place on the next available course.



## Where can I find further information?

Please contact the

**Children & Young People Information Service on  
01454 868008**

or South Gloucestershire Council's website

**[www.southglos.gov.uk](http://www.southglos.gov.uk)**

or 1 Big Database

**[www.1bigdatabase.org.uk](http://www.1bigdatabase.org.uk)**

or The Parenting Consultancy Service

**01454 866051**

**[parenting.courses@southglos.gov.uk](mailto:parenting.courses@southglos.gov.uk)**

This information is also available in other languages, in large print, Braille or on audio tape. Please phone **01454 868008** if you need any of these, or any other help to access Council services.

