

What do families say about SFP?

“Strengthening Families has helped me so much to deal with teenagers in a better way”

“I have a better relationship with my child”

“I can listen to my child more without shouting”



“It helped me with me ma and I get on better with my sister & bro and me da”

“I liked the way we learned how to deal with things”

“When we’re angry, we don’t shout, we talk”

“Coming here made it easier to talk about issues”

CONTACT US



Address: Mary Fitzpatrick
Strengthening Families Programme
Axis Centre
Main Street
Ballymun
Dublin 9

E mail: marysfp@ballymundtf.ie

Phone: 01 8832142 / 087 6634042

Web: www.ballymunlocaldrugstaskforce.ie
www.sfpcouncilireland.ie



Ballymun Strengthening Families Programme

Ballymun SFP is delivered and supported by a range of local statutory, community and voluntary services.

Funded and managed by Ballymun Local Drug and Alcohol Task Force.



**Strong Families,
Strong Community**



**Strengthening
Families Programme
Information
for Families**



Ever thought you would like your family to get on better?

Or that you would like your family to spend more time together?

This could be the programme for you!

What is the Strengthening Families Programme?

The Strengthening Families Programme is a 15 week evidenced based family skills course to help parents and children (6-11 years) or teens (12-16 years) develop and build positive relationships.

The programme has been running in Ballymun since 2008 and over 200 families have completed the programme. Local agencies and volunteers support the programme and families. Families attend one evening per week of the SFP term.

Who is SFP for?

- SFP is open to all families in Ballymun with children aged 6 to 11 years (primary school age) or teens aged 12-16 (in secondary school).
- Any adult who takes a 'parenting' role is considered a parent.

How do I apply?

- Application forms are available from:
 - * a local agency or the SFP Parent Advocate worker
 - * our website www.ballymunlocaldrugtaskforce.ie
 - * or call us on 01 8832142 or 087 663 4042

What skills do families learn?

Parents Skills Parents learn new skills over the course of the programme including:

- Communication Skills
- Giving Direction
- Managing Stress
- Relationships
- Peer Pressure
- Substance Use Education
- Problem Solving
- Setting Limits

Teen/Child Skills The group learn to

- Communicate Positively
- Understand Feelings
- Cope with Criticism
- Develop Social Skills
- Deal with anger
- Problem Solve
- Resist Peer Pressure
- Participate in family meetings

How does the programme operate?

Families can self refer or be referred to the programme and will be supported by a worker from an agency that the family are engaged with. The programme runs for approximately 2 ¹/₂ hours each week. There are 3 elements to the programme each week and this includes:

1. Dinner with Families and the Strengthening Families Programme Team

This encourages positive communication among the family members and with the SFP team. The meal is an important opportunity to spend time together and to catch up each week.

2. Parents & Teens/Children Skills Session

Parents and teenagers/children attend separate sessions which are run at the same time where they learn & practice a different skill each week.

3. Family Skills Session

Parents and teenagers/children come together and work on the skills they have learned earlier in their own groups.

At Home

The families are asked to undertake home practice as part of the programme, where they apply the skills they have learned and implement them in their day to day family routines.

Assisting Families to Attend

Some families may find it hard to attend the programme due to transport or childcare costs. The Ballymun Strengthening Families Programme will support families to address these barriers. The Site Coordinator will discuss these issues with families when they sign up to the programme.

Celebrating Completing the Programme

On the final night of the programme a graduation ceremony is held to celebrate the achievement of families who complete programme and the skills they have learned together over the 15 weeks.