

**A program that involves both parents and teens.**

- Learn new skills each week, improve your communication and learn about resources and topics important to youth growing up in our rural community.
- Gain new insights into your family.
- Skills learned here will help youth to make better choices in the future.
- Youth and parents meet separately to learn skills in an open and engaging way, then join up as a family again to put it all together.
- Dinner is provided so you don't have to cook! You only need to get the family there on time.

Strengthening Families programs are made possible as a result of funding from the Wellington County OPP, and is delivered in partnership with:

Canadian Mental Health Association -  
Waterloo Wellington  
Homewood Health Centre  
Upper Grand District School Board  
Wellington-Guelph-Dufferin Public Health  
Mount Forest Family Health Team  
Community Resource Centre  
Guelph CHC  
Guelph Wellington Women In Crisis  
County of Wellington Social Services  
Family and Children's Services  
Stonehenge Therapeutic Community  
Wellington-Guelph Drug Strategy Committee

**The next program begins soon !**

**Meeting once a week  
from 5-7:30pm**

**For information or to be added to our contact list, call or email :**

**Jane Fawcett  
Strengthening Families  
Coordinator  
CMHA WW  
519 821 8089 ext 2110  
Toll free 1 844 264 2993  
jfawcett@cmhaww.ca**

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**Strengthening  
Families  
Wellington**



# Strengthening Families for Parents & Youth

A 9 week educational program for families with teens ages 12-16



**Learning, Growing, and  
Sharing Together**

## Frequently Asked Questions

### Who should attend?

- Families with teens between the ages of 12 and 16.
- Parents who want to build on their parenting skills
- Families who want to strengthen their communication and relationships with their teens.
- Teens who are willing to try new things
- Families willing to commit to attending the 9 week program

### What is unique about this program?

**Strengthening Families** is an effective program because it involves the whole family, not just the parents and youth alone.

The goals are to:

- Learn skills in a fun and interesting way
- Improve family communication
- Increase positive and effective parenting
- Increase youth resilience and life skills, including communication, resisting peer pressure, recognizing their feelings and solving problems.

Strengthening Families programs are used world wide because it is successful at building stronger families.

### What happens each week?

At the beginning of each week, families and facilitators share a meal together. This is followed by separate one-hour activities for parents and teens. Later, families come back together and share what they learned and enjoy a fun activity together.

### Is there a fee to attend?

Strengthening Families programs are fully funded. Transportation and childcare assistance is available.

## What families have said about the program?

*“Sharing and listening to everyone that participated, made it a great experience. I learned a lot from the other families that were here.”*



*“It was good for our kids to see that we wanted to make things better”*

*“The most important skill I learned was how to talk so my teens will hear me.”*

*“I used to have a 'suck it up' mentality (regarding parenting). I now realize how that way of thinking can impact our kids.*

*We need to show more compassion, and be happy “*

## What are the results?

During the 9 weeks, families have fun while learning skills that contribute to healthier, happier homes.

Skills include: communication, problem solving, anger management, setting fair rules, healthy family life and more.

*WE ARE TEENS & NEED YOU TO UNDERSTAND*

- 1) we have a lot on our mind
- 2) we are growing and maturing
- 3) you are our role models

*YOU ARE PARENTS, WE NEED YOU TO*

- 1) encourage us with positives
- 2) spend time with us
- 3) give us space some times

*FOR OUR PART, WE WILL*

- 1) communicate
- 2) be more respectful
- 3) be grateful for what we have

*WE APPRECIATE THAT YOU*

- 1) support us
- 2) are thoughtful
- 3) are there when things go wrong

Teens who have participated in the program said they:

- enjoyed the group
- felt heard and supported
- made new friends
- felt communication had improved in the home
- did more together as a family