

## Strengthening Families Programme With Dorset Youth Association

The Strengthening Families free programme is designed to help parents build on their own strengths and help young people to develop new skills to help towards a positive future. Aimed at families with children aged 6 to 10 years. Sessions run once a week for six weeks, for 2 hours per week. Parents and children work separately for the first hour looking at very similar topics but from the view of a child and that of a parent. Families come back together to work in their family groups for the second hour and reinforce the learning that has been introduced, improving communication and building relationships. Youth sessions focus on identifying situations that cause stress and worry, healthy ways of coping and following rules. Parents' topics include identifying stresses and problems in children, understanding the changes in children and supporting their wishes and hopes.

### Contact

**Telephone** 01305 262440  
**Email** [lynnrockey@dorsetyouth.com](mailto:lynnrockey@dorsetyouth.com)

### Venue

**Venue address** The Royal British Legion - Legionnaire Club King George V  
Road  
Bovington  
Wareham  
Dorset  
**Postcode** BH20 6JQ

### Service Details

**Cost variations** The sessions are free to attend, but you can reserve a place via email or telephone.

**Additional Information** Please contact us for programme dates. Each programme runs for 6 weeks, 2 hours per week. Refreshments and lunches are provided, funding is available for travel and childcare. Free places are available to all families, with priority given to those who are beneficiaries of the Royal British Legion, this includes those who have anyone in their family who has been in any of the services or who is currently serving, including parents or grandparents or other relatives.

**Referral information** Accepting referrals for a waiting list.

**Age Range Details** Programme is for 6 to 10 year olds.

Some activities and family support services listed in our directory may be cancelled, postponed, or running in a different way due to coronavirus restrictions. Please contact providers to check for information about any changes.