

Strengthening Families Parents and Youth



Guelph, St John Bosco
April 25th- June 30th, 2012

Information Session

April 18th F&CS, 5pm



- Representatives from eight *families* attended.
- 3 *Facilitators* and 1 *volunteer* were present to meet the families and answer any questions.
- Copies of the parent and youth *handouts* and sessions were available for families to look through.

The Program

- Eight families started the program, with seven completing it – a 90% retention rate!
- The parent group felt very comfortable sharing, and usually found that an hour was not long enough! (*8 adults*)
- The youth group had incredible participation and were very involved. (*10 youth*)
- Childcare was busy with 4 wee ones and 4 adults. (2 OEYC workers and 2 volunteers)



Our Facilitation Team



- Parent Group

Jessica St Peter, Women in Crisis

Colleen MacDonald, County of Wellington

- Youth Group

Penny Anderson, Family and Children's Services

Beth Harris, Family and Children's Services

Evaluation



Program Evaluations indicated that:

- 100% of the caregivers reported an increase in their use of positive attention to show their teens they appreciate what they are doing.
- 80% of caregivers feel that their teens are communicating more respectfully.

Evaluation Continued



- 100% of caregivers would recommend the program to other parents.
- 100% of caregivers feel that they understand their teen more.
- 80% of caregivers feel that their family has increased its quality time together.

The things I liked BEST about the program:

- *“I really enjoyed taking with other families in similar situations. I have learned to communicate with my daughter in a way that has improved our life greatly.”*
- *“To know that I am not alone with the feeling of frustration/ fear/ anxiety/ hopelessness that I feel raising my daughter.”*



The things I liked BEST about the program:

- *“The interaction with other parents and the time at the end of the discussions to meet with the teens and complete an activity related to the skills we learned.”*
- *“The lessons, as they have helped my family so much!”*



The things I liked BEST about the program:

- *“Being here learning.”*
- *“Could talk about anything.”*



The things I liked LEAST about the program (Parents):

- *“Going off topic- although I’m sure I did a lot of that (sorry!)”*
- *“Not long enough some nights... when we had issues or questions, we ran out of time!”*



The things I liked LEAST about the program (Youth):

- *“Not enough males involved.”*
- *“Nothing”*
- *“My sister was in it...”*



Other Comments;

“The facilitators were amazing, made it easy to open up and feel comfortable.”

“An extension to this course would be a great benefit!”

“I found this group to be immensely helpful, I realized that more than half of the problems my teen and I were having was because of poor communication on my part, I am very grateful for the skills I’ve learned.”



Other Comments;

“I honestly feel this program has helped my family become closer and stronger. It also has given me skills to use with my young son that will allow him to grow up more open, honest and respectful. I would definitely recommend this program to anyone struggling with communication.”



- The nine-week program ended with a family celebration ceremony, complete with family photos, certificates and a very large cake!
- A sincere thanks to all of those who participated and helped to make the program a success.

