



Gloucestershire Children and Young
People's Strategic Partnership



NHS
Gloucestershire



For Parents and Youth 10-14

HELP YOUR YOUTH:

- Prepare for their teenage years
- Avoid problems with drugs and alcohol
- Strengthen family communication

JOIN US FOR 7 SESSIONS:

- Family discussions and games
- A family meal – free
- Childcare provided
- Parent discussion
- Youth activities



PARENTS/CAREGIVERS WILL DISCUSS:

- What youths this age are like
- Making rules and consequences
- How to solve problems with youths
- Ways to show love and support



YOUTHS WILL LEARN TO:

- Handle Frustration
- Resist peer pressure
- Appreciate parent/caregiver
- Get along with others

FAMILIES WILL:

- Have fun in activities and games
- Discuss what makes your family strong
- Solve problems together

Helping Kids have a Great Future

Contact Cirencester Deer Park School
Key Stage 3 Pastoral Managers, Mrs Nicholas or Mrs Stubbs, on 01285 653447