

What happens next?



- You will be contacted by telephone
- You will be offered a place on the next available group
- You will receive a letter with further information
- You will have the opportunity to meet with us before the group starts

How do I sign up?

To find out if there is a group running in your area, contact Acorn Project on 01873 735430 or email acorns@monfis.org.uk

Download a referral form at:

<http://www.monfis.org.uk/acorn-project-referral-form>

Contact Us



Monmouthshire Acorn Project
Supporting Families

Prosiect Acorn Sir Fynwy
Cefnogi Teuluoedd

Acorn Centre
Deri View School
Llwynu Lane
Abergavenny, NP7 6AR.

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Take 3 Parenting



**Skills and strategies
for supporting parents
to deal with
challenging teenagers**



Monmouthshire Acorn Project
Supporting Families
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Being a parent or carer can be fun but also hard work. There is practical support available.

Take 3 is a parenting course for parents of young people aged between 10 and 18.

Take 3 has two main aims:

To improve relationships between young people and their families and to improve young people's behaviour at home, at school and in the wider community.

To achieve these, the objectives of the course are to equip parents with the skills and strategies to:

- Nurture their young people by encouraging and listening to them
- Provide appropriate structure and boundaries for their young people
- Take care of themselves so that they have more energy for their job of parenting and can also model self-care to their young people

You will be invited to attend the group for:

- 2 hours each week
- For a total of 10-12 weeks
- In a supportive and friendly environment

What you can expect?

The group is run by professionals who have been trained to deliver the Take 3 Programme. You meet in a confidential, safe environment.



As part of the group we will discuss the following topics;

- **Adolescence**
- **Encouraging young people**
- **The power of listening**
- **Misbehaviour and listening**
- **The four styles of parenting**
- **Negotiation, boundaries and consequences**

Staff are also able to offer support, advice and information on other related topics:

- Role of a parent
- Being assertive
- Managing anger
- Sexual health
- Drugs and alcohol
- Sibling rivalry
- Joined up families
- Anti-social behaviour and offending