



KITH + KIN

T R A I N I N G

*Programme
Descriptions*

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Programmes

1001 - SFPY - Strengthening Families for Parents and Young People

For families with teens between 12 and 16 years old. This is a 9 week skill-building program that takes a “whole family” approach, helping parents and teens to develop trust and mutual respect.

Implementing the SFPY curriculum (and optional support package), we provide families with a complete, research-based approach to improving parent-teen relationships. It also helps teens to build resilience that will support good decision making and mental health going forward.

Originally developed as a 14 week Strengthening Families Program (SFP) by Dr Karol Kumpfer of the University of Utah, this is a shortened, adapted version specifically for the teenage years.

1002 - SpeakEasy

For parents and carers to gain greater confidence in providing positive sex and relationship education in the home.

This is a flexible and relaxed way for parents and carers to access this often embarrassing and awkward topic. This is an 8 week, registered accreditation course with Gateway qualifications.

1003 - Incredible Years

For parents and carers of 8 to 18 year olds.

This programme covers the difficulties many families face when dealing with a number of issues, including managing behaviour at school, finding the right advocates within local authorities, and more.

The program helps parents to create a plan that puts children and their families at the centre.

1004 - Restorative Approach for Youth

For parents and carers of 8 to 18 year olds who are seeking to reconnect.

This course builds social bonds and looks at issues around community and safety. It provides the opportunity to express feelings, understand better, feel understood and move forward.

6x weekly sessions of 2 hours.



1005 - Family Links - Nurturing Mothers and Baby Unit

For parents of 2 to 12 year olds.

This course offers parents many positive, practical and fun ways of guiding children so they can manage their feelings and behaviour. Based on the four core principles of self-reflection, positive discipline, empathy and appropriate expectations, the course helps parents use strategies such as praise, positive discipline, and giving choices and consequences in a consistent and calm way.

10x weekly sessions of 2 hours.

1006 - Triple P (Positive Parenting Programme)

For parents of 7 to 19 year olds.

This course aims to help make parenting teenagers a more positive experience by helping parents to build positive relationships with their teenagers, and to develop strategies to reduce some of your teenager's unhelpful behaviour. Topics include: positive parenting strategies, encouraging appropriate behaviour, managing problem behaviour, dealing with risky behaviour and implementing parenting routines.

8x weekly sessions of 3 hours.

1007 - Strengthening Families, Strengthening Communities

This is an inclusive, evidence based parenting programme, designed to promote protective factors which are associate with good parenting and better outcomes for children.

1008 - Understanding Anger for Parents

For parents who want to understand more about anger and how to manage it.

This course will help parents learn positive and practical ways of guiding both children and ourselves to understand and manage feelings and behaviour.

8x weekly sessions of 3 hours.



1009 - Draw and Talk

A safe and easy to learn method of working with children one to one.

This method encourages children to draw with a person they feel comfortable with on a regular basis and to explore their emotional well-being and feedback in a way that is comfortable and stress-free.

1010 - Direct Work

These sessions work to engage effectively with children to encourage them to express themselves in a safe, non-intrusive environment. This allows issues to be explored. A court ready report is produced at the end of the program.

6x weekly sessions of 1 hour or half an hour.

1011 - Counselling

Get the guidance you need to work through your current personal roadblocks with our in-person or Skype counselling sessions. Speak about issues such as divorce or work together as a family to resolve issues that are going on at home. Each session is personalised to your needs. Family difficulties can be tough, and you don't have to try and work through them without guidance. Engage in mediation between family members to help solve issues between you that you cannot on your own.

These sessions are £25 per session for individuals, or £125 for four sessions, with as many as four of your family members.

1012 - Help Your Child Succeed

You naturally want your children to achieve the best out of life, and with the Help Your Child Succeed Workshop, you can be a monumental pillar in their success.

The half-day workshop teaches you how to support and encourage your children to become the most successful versions of themselves that they can be.

1013 - Music and Movement Therapy

For primary and secondary age children.

Learn body awareness alongside emotional awareness. This workshop enhances cognitive skills and promotes psychotherapeutic usage of body movement.

6x weekly sessions of 2 hours.



1014 - Playclub Project

For primary age children.

Provides fun, interactive learning, while engaging parents in raising attainment. All activities provide great stimulation. These sessions meet the criteria laid out in the Ofsted Framework.

6x weekly sessions of 2 hours.

1015 - Cook Together

Encouraging children to cook is great for creating a healthy eating habit, while improving self confidence and self esteem.

Finding common ground can be difficult when facing challenging times with your child, so cooking together provides a good opportunity for parent and sibling bonding.

As well as mastering new skills, using hands on maths concepts, planning, thinking and using time management, it is also lots of fun!

1016 - Mums in Custody and Probation

For mums in prison, both before and after they have been released.

We provide support to help:

- Maintain healthy relationships with children and family
- Address domestic abuse and family violence issues for women in custody
- Connect or transition people back into the community
- Adjust to life outside prison
- Break the cycle of re-offending or prevent and delay a return to custody.

1017 - Dads in Custody and Probation

For dads in prison, both before and after they have been released.

We provide support to help:

- Maintain healthy relationships with children and family
- Address domestic abuse and family violence issues for men in custody
- Connect or transition people back into the community
- Adjust to life outside prison
- Break the cycle of re-offending or prevent and delay a return to custody.



1018 - Perpetrators Family Group

Out of the Dark is a psycho-educational group program aimed to address domestic abuse/family violence issues for women in custody.

Women in custody are educated about family violence in order to make positive changes in their lives.

1019 - Parenting Support Services Package

In a world where relationships with authority figures is ever changing, it is important that your child understands how to interact with them. With the Parents Know Your Child's Rights half-day workshop, we will help you understand your children's rights, how to handle stop and search procedures and how to teach your children to speak with authorities.

Half-day workshop.

1020 - Parenting Online Course

Kith + Kin offers this online course for parents to gain an insight into any worries or concerns they may have with their children. The course provides resources to approach issues, such as gangs, knife crime, substance misuse, the criminal justice system. These issues can be difficult depending on several factors such as age, gender and stages of development.

The course includes bitesize training, useful videos and printables. There is also an online group that provides a supportive network.

1021 - Family Court Parenting Support Package

If you are struggling to get through your family court experience, let us support you throughout it.

The Family Court Parenting Support Package gives you one online course session with the tools you need to cope.

It also comes with two supportive telephone calls, a court letter and a certificate to close as well.

1022 - 1-2-1 Parenting Programme

Whether you have one major parenting issue or a host of them, we will work with you to design a program that will help you learn strategies to overcome your specific parenting issues. Kith + Kin Training will create a course to suit your individual needs, including a home visit, and will incorporate parenting courses, counselling and mediation.



1023 - Father's Bonding

Strengthen the father-daughter or father-son bond with what you learn from this workshop. Fathers will be given the information they need to create or to strengthen the connection they have with their little ones.

Half-day workshop.

1024 - Bonding and Attachment

Give yourself the tools you need as a parent to form a complete bond with your child through this half-day workshops.

You will learn how to increase the bonding and attachment between you and your child, as well as tools to help you control your child's anger.

Half-day workshop.

1025 - Introductory Workshop

Whether you are a parent of a child with behavioural issues or a professional that has student or clients with them, this workshop will provide you with the tools you need to understand them.

This will help you figure out the best way to help and support the children in your life with behavioural concerns.

