

## County Durham Youth Offending Service

CDYOS: 03000 265999

Our Service is:

-  Supportive
-  Respectful
-  Practical
-  Positive

### Your local contact is:

Dawn Hallewell 03000 263650 dawn.hallewell@durham.gov.uk  
Kate Howarth 03000 265605 kate.howarth@durham.gov.uk

The next Parenting Support Group will be held on:

Date.....Time.....

Venue.....

### Help us get it right:

We welcome your suggestions and comments about our Service. County Durham Youth Offending Service tries to ensure it works with young people and their parent(s) / carer(s) in a reasonable and respectful way.

If you feel unhappy with any decisions taken or with the way you have been treated, we would like you to let us know. We will ensure that you have a copy of our 'Complaints Procedure' so that you know what to do if you wish to make a complaint.

We would like to hear from you if you have something positive to tell us about your experiences while we have been working with your child. Please pass on any comments to us.

**Note: if you need this information in other languages or formats, please contact your local Youth Offending Service office.**



County Durham  
Youth Offending Service

# Parenting Support Group

Take 3 Programme

Supporting parents to deal with  
challenging teenagers





## Parenting Support Group

Parents who are victims of their young person's offence often blame themselves and feel alone.

Bringing up children isn't easy. There is no such thing as the 'perfect' parent.

Being a parent does not come with instructions. It is one of the most important jobs there is; it is also one of the hardest. The hours are long; there is no pay and not a lot of thanks.

## What the group involves

- ✓ One 3 hour session once a week for 10 weeks
- ✓ Refreshments and lunch provided
- ✓ Support with transport given
- ✓ Certificate of achievement on completion of course

## Who is the course for?

- ✓ Parents/carers who have been victims of their young person's offending behaviour.
- ✓ Parents/carers of young people whose challenging behaviour causes problems for parents and/or the community.

## What might you get out of coming to the group?

Parenting support can help you decide

- a) your goals as a parent
  - b) practical ways to achieve them.
- ✓ Help to stop your young person from committing crime and getting into trouble with the police
  - ✓ Become more confident in yourself and your parenting skills
  - ✓ Get support from other parents in similar situations
  - ✓ Build and maintain relationships with your young person
  - ✓ Improve existing skills and develop new ones
  - ✓ Less arguments and conflict
  - ✓ A happier family life

## Parents who have been to the group said:

I met new people, learnt new ideas and ways of doing things.

I enjoyed the friendly relaxed atmosphere.

I wasn't judged, and I found out I wasn't on my own.

I learnt something from every session.

I felt positive and more confident after each session.

I had a fab time, even though we discussed difficult situations, it was all done with respect.