

Our Services



Groups for Parents & Carers

Groups for 11-16 year olds



Contact:
The Centre for Fun and Families
For more information, or to book a place on any of our groups
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The Centre for Fun and Families offers the following services:

Fun and Families groups

For parents and carers of children aged 3-10 who live in the County of Leicestershire. The groups give a safe and non-judgemental place to explore difficulties that come with being a parent.

Living with Teenagers groups

For parents and carers of children aged 11-16 who live in the City and County of Leicestershire. The groups give you the opportunity to share and work with others who are experiencing difficulties managing their teenagers behaviour.

Grounded groups

For children aged 11-16 who live in the City of Leicester who are experiencing difficulties around conflict with others.

The groups run for 2 hours per week for 7 weeks. The Fun and Families groups usually run in the daytime and the Living with Teenagers groups usually run in evenings. The Grounded groups run after school.

Comments from people who have been on a group.....

Grandparents: (who are main carers)

"We were made most welcome"

A Mum:

"It is so nice to know we aren't alone and others have problems like us."

Young person:

"I feel calmer now, I don't get so angry."

A Dad:

"I've learnt to remain calm in dealing with difficult situations."

What do the groups provide?

- A welcoming, supportive and safe place to talk in confidence to other people in a similar situation to yourself.
- To help find positive solutions for behaviour difficulties. Some examples of typical behaviour difficulties families may have are: tantrums/rages, conflict, aggression, school issues, defiance, communication difficulties, offending. The behaviour depends on the age of the child and the family situation. Many families struggle with some of these issues at some point.
- The groups provide a positive time to relax and think with others about solutions to difficulties. The groups are run informally and are fun to attend.
- The groups aim to give you more confidence to deal with current and future issues. The Centre see parents and carers as the experts on their family situation.
- The groups are free and sometimes taxis and childcare can be arranged.
- The groups are run with respect for all the participants, working with equal opportunities and working positively with diversity.
- The group work programmes use clear practical ideas that are based on Social Learning Theory to support families to change behaviour.
- All families usually have a home visit before the group.
- The groups aim to help put some fun back into family life.
- All groups are evaluated very well by parents, carers and children and at the end of the groups they often report positive changes in their relationships.