



Family Futures

What is Family Futures?

A monthly group for parents and carers who live in West Sussex.

What does Family Futures offer?

Monthly meetings throughout West Sussex

Friendly and supportive atmosphere

Peer and Group support

Workshop style sessions

Empowers parents/carers to support one another to develop strategies, which work for them.

Develops resilience

Forthcoming sessions might be around:

Understanding and communicating with your teenager

Understanding adolescent brain development and how this can enable parents to communicate more effectively.

Developing a greater understanding of adolescent decision making processes and risk taking behaviour.

Coping with angry and violent young people

Introducing a Non-Violent Resistance (NVR) approach.

Empowering parents/carers to manage conflict within the home.

Enabling parents/carers to reduce escalation build resilience and limit violent and angry outbursts.

Drugs and alcohol

Information and advice on the effects of substances

Supporting your child with stress

Looking at how stress can impact your children. Looking at signs and symptoms, exploring strategies to support your children to manage their stress effectively

Communication

Exploring what communication is, how it's used in your family and what works well.

PLUS many more...

For more information or to make a referral please contact:-

Sarah Field

sarah.field@westsussex.gov.uk

Family Futures is a parent / carer support group that is co-ordinated by Adolescent Family Resource Service.

Current Groups

1st Tuesday of each month

Burgess Hill

Oakmeeds Community College

Station Road, Burgess Hill

RH15 9EA

From 6pm until 7:30pm

Contact:-

John Collins 07540 671996

Jayne Hughes 07702 442455

2nd Monday of each month

Bognor Regis

The Treehouse Children and

Family Centre

29 Richmond Avenue

PO21 2YE

From 6pm until 8pm

Contact:-

Bel Zendjebil 07721 410476

2nd Monday of each month

Worthing

Find It Out Centre

Marine Place

BN11 3DN

From 6pm until 8pm

Contact:-

Amy Keers 07860 785559

Leigh Payton 07834 444402

2nd Thursday of each month

Littlehampton

Wickbourne Centre

Clun Road

BN17 6DZ

From 6pm until 8pm

Contact:-

Fran Hibberd 07540 672016

3rd Tuesday of each month

Crawley

Bewbush Children and Family
Centre

Dorsten Square, Crawley

RH11 8XW

From 6pm until 7:30pm

Contact:-

Louise Moule 07540 672010

Clair Thurgood 07714 916857

