

## Brandon Centre Services

The Brandon Centre provides:

- Contraception and sexual health services for young people;
- Counselling and psychotherapy services for young people;
- Counselling at The Drum in South Islington; and
- Services for the parents and carers of teenagers.

Call us for more information. Separate information leaflets are available.

### **All services are free**

so you won't have to pay for anything.

### **All services are confidential.**

This means we cannot tell anyone that you have been to the Brandon Centre, even if you are under 16 years old.

**You can refer yourself to all services** by calling us or by dropping into the Centre.

## What people say about us

*"It gave me confidence and hope."*

*"It's friendly, accessible and non-intimidating."*

*"It was non-judgmental and I didn't feel as though my parenting skills were being criticised."*

*"I feel more able to handle situations I once would have found a big challenge."*

*"It's given me building blocks, a feeling of inner strength and support. I don't know what I would have done without it – a lifesaver."*



## Contact details:

The Brandon Centre

26 Prince of Wales Road, London, NW5 3LG

Telephone: 020 7424 9935 or 020 7267 4792

Fax: 020 7267 5212

Email: [familyservice@brandoncentre.org.uk](mailto:familyservice@brandoncentre.org.uk)

Website: [www.brandoncentre.org.uk](http://www.brandoncentre.org.uk)

## Travel Directions:

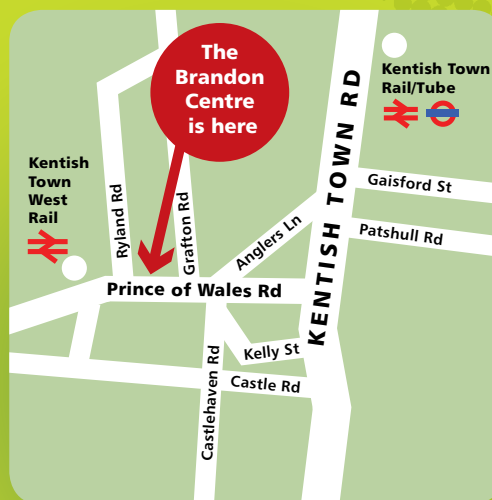
**Train** – Kentish Town West or Kentish Town.

**Underground** – Nearest tube is Kentish Town.

Chalk Farm and Camden tube stations are a 15-minute walk.

**Buses** – C2, 24, 46, 134 and 393.

C2, 134, 214 to Kentish Town Road. 46, 393 to Prince of Wales Road. 24 to Malden Road.



Funded by...



Brandon Centre for Counselling and Psychotherapy for Young People

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# PARENTING SERVICES

# FOR THE PARENTS OF TEENAGERS

# PARENTING SERVICES FOR THE PARENTS OF TEENAGERS

The Brandon Centre offers parenting programmes for parents and carers who are having difficulty controlling the behaviour of their teenage child (age 12-16). The programmes offer practical guidance to parents who are trying to change and improve difficult teenage behaviour.

Many of the parents who attend our programmes are finding their child's behaviour at home difficult to manage, some are concerned about how their child is behaving at school and others are worried that their child is getting into trouble with the police, taking drugs or drinking alcohol.

## Parenting with Love and Limits: A seven-step programme for difficult teenagers

A group of parents meets weekly for eight two-hour sessions. Six sessions are devoted to the programme and the final two sessions are available for parents to help them to put into practice the lessons they learn from the group training.

Sessions include:

- teenage development and why teenagers misbehave;
- button-pushing and learning how to remain calm and in control when being provoked by a teenager;
- using praise to reinforce responsible teenage behaviour;
- using contracts to set clear boundaries for a teenager's behaviour;
- creative consequences to help stop extreme behaviour such as threats and acts of violence, truancy, and alcohol or drug abuse;
- getting professional help and help from family, friends and neighbours to support parental strategies; and
- restoring love between parent and teenager while remaining strong and sticking to the rules.

## Who is it for?

The parenting service is available to any parent or carer with a child aged 12-16 who is finding their child's behaviour difficult to manage, no matter where they live, and it is free of charge.

## When and where are groups held?

The groups take place at the Centre in Kentish Town on Thursday evenings or Friday mornings.

## Who runs the groups?

The groups are facilitated by practitioners who have been trained and are licensed to deliver the programme outlined above.

## How do I join a group?

The Centre is open from Monday to Friday throughout the year, except for one week at Christmas. You can contact us by calling in at the Centre, by telephoning us on 020 7424 9935 or 020 7267 4792 or by emailing us at [familyservice@brandoncentre.org.uk](mailto:familyservice@brandoncentre.org.uk). We will need to take a few details from you and then we will put you on our waiting list. Alternatively, you can be referred by someone else, for instance your GP.

We will contact you either by letter, telephone or email to offer you a one-to-one appointment so that you can find out more about the group before it starts.

## What if more help is needed than the Centre can provide?

Sometimes it might be necessary to refer you to another type of service in order to get the right type of help for you. We would always discuss this with you first and ask for your permission.