

Young persons services in Barnet

Information for parents/carers/guardians



RISE mutual is committed to transforming lives and improving family relationships through behaviour management programmes.

We help young people to build healthy relationships with their family or their existing/future partner.

Who can join our programmes

Young people between 11 - 17 years of age and parents/carers/guardians who have a young person who is abusive or violent towards them.

Why attend our programmes?

The programme is an opportunity for young people to be heard and learn about ways to make a positive change in their behaviour.

What does the programme involve

There will normally be between 8 to 12 sessions, which will last no more than 1.5 hours each. There will be one-to-one sessions and also joint sessions where parents/carers/guardians are able to work together on their issues.

Your commitment and support is key in helping the young person to progress in the programme.

www.risemutual.org

Programmes we offer to young people and families in Barnet

Adolescent to parent violence and abuse

This programme works with families, where a young person has been violent towards their parents/carers/guardians. It supports both the parents/carers/guardians and the young person to build healthy and respectful relationships.

All families are different.

This is why our programme is customised and planned to suit the needs of the young person and their family. It involves joint sessions with both parties, as well as one-to-one sessions with the young person.

The programme will help to:

- Improve family relationships.
- Build assertiveness and respectful communication between both the parent/carer and the young person.
- Understand the roles of responsibility in a family.

Adolescent Intimate Relationship Abuse

This programme is for those who have been violent or abusive towards the other person in an intimate relationship.

The programme will help participants to:

- Explore what it means to have a healthy relationship.
- Understand what it means to be abusive in a relationship and the different forms of abuse.
- Develop good communication skills within relationships.
- Gain the skills to identify emotional triggers.
- Consider how decisions are influenced by social media and peers.

To sign up to our programmes contact:

programme.referrals@risemutual.cjsm.net
Or 07535 651784.

Delivered by RISE Mutual

Commissioned by Barnet

