



Training for Parents IO2

1.2 Building Family Relationships



EMPOWER
Building Resilience to Address Domestic Violence

[illegible]



<ul style="list-style-type: none">• In groups of 3-4, parents will work together and create an event that they can conduct in their family that would enable them to spend more quality time with their family. Ideas of activities could include sports day, baking days, watching tv or gardening.• Parents should present their ideas to the group and discuss how feasible it would be to complete these innovative quality activities in their lives.			
<p><u>Activity 2: Challenging Family Dynamics</u> (Note: this session may be sensitive for some parents)</p> <ul style="list-style-type: none">• Parents will examine and discuss a range of situations that can cause unhealthy and challenging dynamics in their households.• Parents will be provided with a range of resources and techniques that can be used to overcome these challenging dynamics.• Parents should provide examples of how they overcome these challenging situations in their family.• Parents will engage in a role-play activity to identify problematic and challenging dynamics that they have encountered in their own family and will offer suggestions	<u>45 minutes</u>	<p>Training venue with IT equipment</p> <p>Flipchart and markers</p> <p>Pens and note-taking materials for participants</p> <p>A space that parents can use if the session becomes too challenging and they need to step out.</p>	<p>Parents will engage in all group activities</p>



as to how they overcome these challenges in their own family. <ul style="list-style-type: none">• Parents will present their role play to the group.			
<u>Workshop Closing: Three wishes.</u> <ul style="list-style-type: none">• To close this workshop, the facilitator will ask parents to reflect over three aspects of their family dynamics that they wish to change.• Each parent will provide their wishes to the group and can reflect on their own wishes and the wishes of the other parents in their own time.	<u>15 minutes</u>	Training venue with IT equipment Flipchart and markers Pens and note-taking materials for participants	Parents will engage in all group activities
Total duration of the module	2 hours		

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