

## Brandon Centre Services

### Brandon Centre provides:

- Contraception and sexual health services for young people
- Counselling and psychotherapy services for young people
- 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 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."*

Camden & Islington Young People's Sexual Health Network



Brandon Centre is part of the Camden and Islington Young People's Sexual Health network. We work in partnership with Brook and Pulse to deliver services to the young people across these two boroughs.

### Contact details:

#### Brandon Centre

26 Prince of Wales Road, London NW5 3LG

Tel: **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, 134, 214 to Kentish Town Road.

46, 393 to Prince of Wales Road.

24 to Malden Road.



Brandon Centre for Counselling and Psychotherapy for Young People

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Registered Office: 26 Prince of Wales Road

London NW5 3LG

Registered Charity No. 290118

### Funded by...



# Parenting Services

For the Parents of Teenagers

## Brandon Centre

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# Parenting Services

## For the Parents of Teenagers

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 challenging 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 & Limits: A seven-step programme for difficult teenagers.**

Brandon Centre parent training programme is for parents and carers facing challenging behaviour from their teenage child (age 12-16). The programme offers parents practical guidance in changing and improving challenging teenage behaviour.

Many of the parents who attend the programme 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.

Parenting with Love & Limits is a seven-step programme for parents of challenging teenagers. A group of parents meet weekly for six two-hour sessions with an experienced practitioner trained and licensed in the programme.

#### **Sessions cover:**

- why teenagers misbehave
- button-pushing and learning how to remain calm and in control when being provoked by a teenager
- using rules and behaviour contracts to set clear boundaries for teenage behaviour
- using rewards and consequences to help stop extreme behaviour such as threats and acts of violence, truancy, and alcohol or drug abuse
- guidance and strategies for managing teenager's use of mobile phones, laptops, PCs, Play Station etc.
- strategies to restore love and a positive relationship between parent and teenager while remaining strong and sticking to rules and boundaries.

### **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 a Thursday evening or a Friday morning.

### **Who runs the groups?**

The groups are facilitated by a practitioner who has been trained and is licensed to deliver the programme.

### **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.

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Centre**  
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