

What *people* say

"The programme is a fun, interactive, challenging process that allows couples to strengthen their relationship in a safe manner."

"Seeing things from everyone's point of view has helped with family dynamics. Everyone in the family now has a say."

"We have come to understand the importance of communication and love, respect, honesty and loyalty."

Contact Family Works for details of a course near you:

Whangarei (Genesis Centre)

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North Shore

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Waitakere

3 Montel Avenue, Henderson, Auckland 0612
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Auckland (Leslie Centre)

37B Dornwell Road, Mt Roskill, Auckland 1041
Ph: 09 639 2016
Email: admin.lesliecentre@fwn.org.nz

East Auckland

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South Auckland (Te Hononga)

10 Mahia Road Manurewa, Auckland 2102
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Waikato (Te Ara Hou)

100 Morrinsville Rd, Silverdale, Hamilton 3216
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Tauranga (Hillier Centre)

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Whakatane

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Taupo

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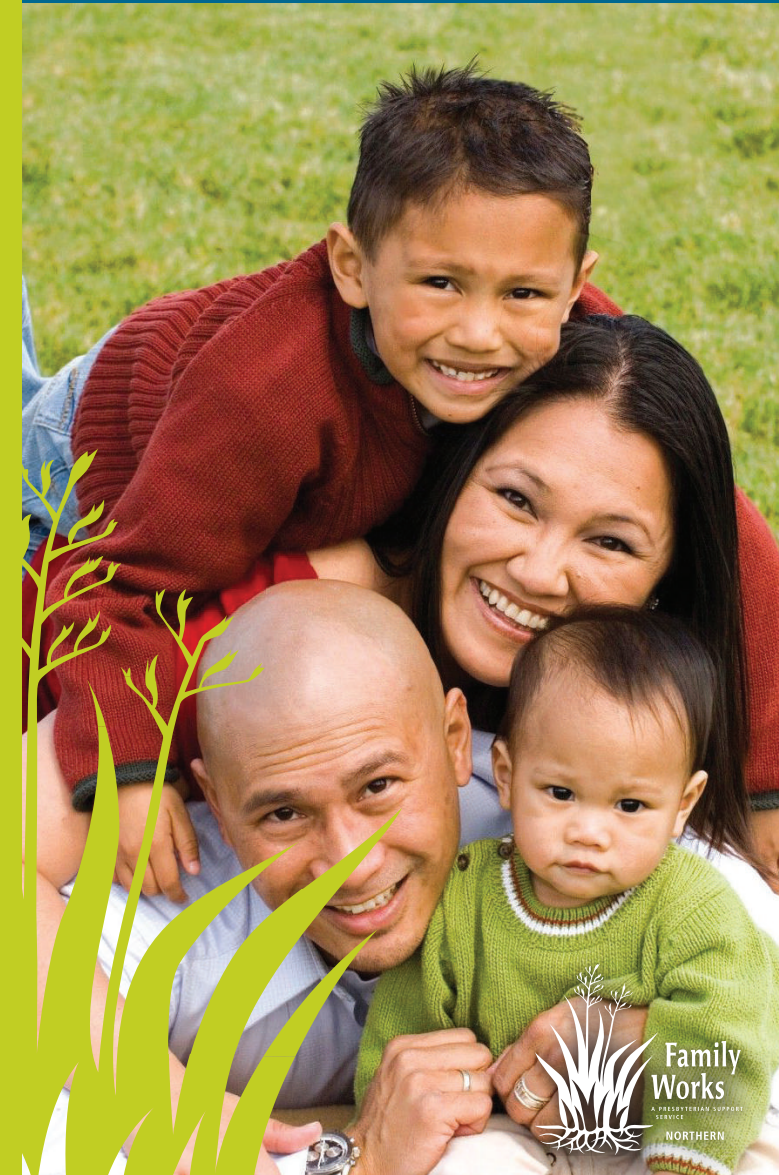


Presbyterian Support
Northern



Strengthening Step Families

Understanding blended families



Family Works
A PRESBYTERIAN SUPPORT SERVICE
NORTHERN

Life in a *blended* family



Welcoming new people to your family/whanau can be a challenging process. Step-families are complex, and blending two families successfully can be stressful for everyone.

Strengthening Step-families is a group programme for couples who are forming a new, blended family or are already in one. The programme provides the understanding and skills you need to help your family flourish.

Through **Strengthening Step-families** you will explore:

- the unique dynamics of your new family
- the impact of changes on each family member
- how to create positive new family traditions that foster a sense of belonging.

Parents should attend the programme together because the focus is on the couple as the core of the step-family.

Programme *topics*

Strengthening Step-families aims to help couples understand the unique issues, expectations and roles within step-families. Topics include:

- understanding your unique family and the way it works
- maintaining a strong partnership as parents
- helping children cope with loss and grief
- the role of the step-parent
- creating new family traditions
- stages of the step-family journey
- resolving conflict
- negotiating rules and respectful limits
- creating positive relationships with step-children.



What happens at the *programme*?



Strengthening Step-families consists of weekly two-hour group sessions for six weeks.

You will be in a small group with other parents of step-families. Each session includes group discussion and fun, practical activities facilitated by experienced Family Works staff. The focus is on understanding each family member's perspective and developing strategies to cope with the challenges of step-families.

Participants are encouraged to share their experiences and identify their family's strengths. You will also be given some suggested reading and practical exercises you can try at home.