

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.

Contact details:

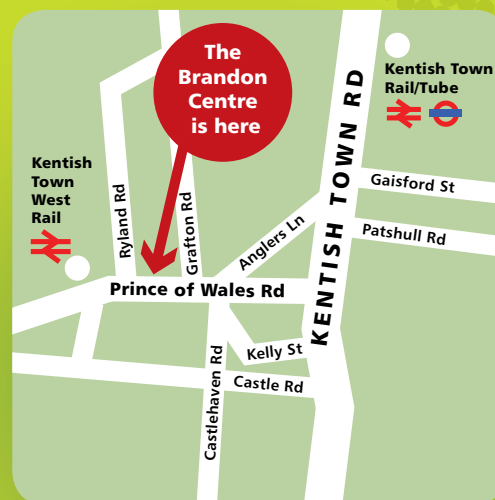
The Brandon Centre
26 Prince of Wales Road, London, NW5 3LG
Telephone: 020 7267 4792 Fax: 020 7267 5212
Email: familyservice@brandoncentre.org.uk
Website: www.brandoncentre.org.uk

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.



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."



PARENTING SERVICES

FOR THE PARENTS OF TEENAGERS

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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. We run two different parenting programmes and can discuss with you which would be most appropriate for you.

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

A group of parents meets weekly for six two-hour sessions. Following the group sessions, additional support is available for parents to help them to put into practice the lessons they learn from the group programme.

Sessions include:

- why teenagers misbehave;
- button-pushing and learning how to remain calm and in control when being provoked by a teenager;
- using contracts to set clear boundaries for a teenager's behaviour;
- consequences to help stop extreme behaviour such as threats and acts of violence, truancy, and alcohol or drug abuse; and
- restoring love between parent and teenager while remaining strong and sticking to the rules.

Positive Parenting Program for Parents of Teenagers (Teen Triple P)

This course is run in partnership with Families in Focus, another local community-based organisation. A group of parents meets for four weekly sessions. This is followed by three individual telephone sessions designed to help parents to continue to put into practice the strategies introduced in sessions one to four. A final group session looks at ways to maintain changes made during the programme.

Sessions focus on:

- parenting strategies and positive parenting;
- identifying family strengths;
- problem solving; and
- realistic expectations.

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 in Kentish Town or Camden 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 programmes 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. 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.