



Information about  
our services

# Who we are

Family Matters York (FMY) is a small Christian charity working to strengthen family relationships. We offer a series of parenting workshops alongside a mentoring service and events for couples. We're passionate about supporting and equipping people to make changes in order to nurture the relationships that matter the most. We show people that they're not alone in the challenges of parenthood or in finding time for their partner, and that they too can build thriving, supportive relationships.

Registered  
charity since  
2001

Support  
175+ parents  
per year

Help over  
30 couples  
per year

## How we can help

Support for  
parents & carers



Group courses & workshops:

- Early years
- Primary years
- Teen years
- Parenting in a digital age
- Additional needs
- Handling anger
- Emotional wellbeing

Support for  
couples



- Mentoring with a peer support couple to overcome problems and reconnect.
- One-off events to help connect, cherish, collaborate and commit.
- Pre-marriage support to build a strong and healthy marriage.



# Our impact

We help families strengthen their connections with loved ones, achieve more harmony at home, and improve their wellbeing. Often families seek our help before their relationships are in crisis; by intervening early, we help prevent more serious relationship problems or family breakdown.

The differences we make to parents/carers and couples include:

- improved confidence;
- increased skills in effective communication, resolving conflict, showing affection, and recognising negative patterns of behaviour;
- improved emotional wellbeing.

*“I’m calmer, less cross, less frantic, more respectful of my children. Which all feels lovely.” Parent*

*“I now see us very much as a team, making decisions that are best for us and not individuals. We are happier and more in love.” Couple*



## Parent-child relationship

74% of of parents surveyed reported a **stronger relationship with their child** by the end of the FMY course.

89% felt their **confidence as a parent** had been boosted.

## Couple relationship



93% of people who attended our couples mentoring programme reported improved skills in **resolving conflict** with their partner

71% felt the **communication** with their partner had improved.



# Parenting support



We offer a range of courses and workshops aiming to equip, encourage and empower parents and carers with family life and relationships. The content of each course is outlined on the next four pages.

Parents can attend as many courses as they choose. For organisations, we can offer bespoke packages combining elements of different courses.



## Time Out For Parents: The Early Years

5 weeks

1. What children need: temperament; meeting emotional needs; love languages.
2. Developing emotional security: self esteem; importance of play; power of words; difficult feelings; listening.
3. Boundaries & parenting styles: loving limits; positive parenting.
4. Managing difficult behaviour: toolkit for encouraging positive behaviour; thinking ahead; discouraging negative behaviour; safety.
5. Communication and keeping yourself sane!: talking about sex/sexuality; screentime; communication and 'I' messages; family traditions.

## Time Out For Parents: The Primary Years

5 weeks

1. What children really need: temperament; differences in children; meeting emotional needs; love languages.
2. Raising child self-esteem: importance of self-esteem; power of words; feelings; empathy and listening; spending time together.
3. Boundaries and parenting styles: importance of boundaries; parenting styles; positive parenting; communication and 'I' messages.
4. Managing conflict: encouraging positive choices; consequences and rewards; handling conflict; increasing responsibility.
5. Keeping children safe: screentime/digital safety; relating to others; bullying; talking about sex/sexuality; family traditions; time for you.

## Time Out For Parents: The Teenage Years

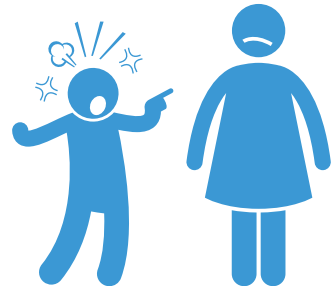
5 weeks

1. Understanding teenagers: teen pressures; teen brain; enabling independence; controller to coach.
2. Emotional wellbeing: temperament; mental health; raising self-esteem; staying connected; love languages.
3. Communication: blocks to communication; active listening; empathy; communicating about important issues and 'I' messages.
4. Parenting styles & boundaries: parenting styles; consistency; negotiation; choosing battles; consequences; house rules.
5. Big issues: (choice of) risky behaviour; peer pressure; family traditions; screen/ internet use; pornography; social media; alcohol; drugs; sex and relationships.

# Handling Anger in the Family

5 weeks

1. Understanding the emotion of anger: anger is a natural emotion; emotional or physical threats; self-esteem, stress and anger, physical symptoms, positive self-talk.
2. Strategies for dealing with our own anger: realistic expectations; parenting styles; weighing it up; broken record 'no'; 'I' messages.
3. Helping children deal with anger (1): role modelling; anger rules; dealing with rage; raising child self-esteem; responding helpfully to child anger; listening and fixing; anger at school.
4. Helping children deal with anger (2): anger river; recognising child anger warning signs; child positive self-talk; helping a child on the edge and over the edge.
5. Managing conflict & communication within the wider family: value and respect; responses to conflict; STOP bad habits; conflict resolution, forgiveness.



# Time Out For Dads

5 weeks

1. What are dads for?: goal of parenting; the need for dads; the impact of our fathers; aspirations as a dad.
2. Dad the manager: temperaments; child needs; love languages; emotional bank account.
3. Dad the coach: time; the power of words; child feelings; coaching; listening.
4. Dad the trainer: discipline; boundaries; parenting styles; positive parenting.
5. Dad the team player: time for yourself; time together; handling conflict; 'I' messages; family vision; family traditions.





## Left to Their Own Devices

Single event or 2 week course

- The value of digital devices: pros and cons.
- Setting the tone: being intentional and involved; being positive about digital use; being a role model.
- The challenge of gaming: quality vs quantity; managing the end of game time; learning about their games.
- Smartphones: challenges and concerns; impact on mental health; exposure to extreme content; addiction; opportunity costs.
- Pornography: neurological, emotional and physical impacts.
- Safeguards and boundaries: strategies; parental control apps.
- Family media agreements
- Living online (family culture): teaching digital discernment.

## A Mind of Their Own


4 weeks

1. Building self-esteem: challenges children face; positive words; emotional piggy bank; developing a realistic self-view; growth mindset.
2. Managing emotions: resilience; understanding emotions; active listening and empathy; naming emotions; calming emotions.
3. Positive thinking & managing anxiety: problem solving; blue-to-true thinking; toolkit to manage thinking; anxiety is an emotion; managing anxiety.
4. Body confidence & belonging: what is body confidence; encouraging healthy body confidence; belonging - 'a part of something bigger than me' mindset.



## Time Out For Parents: Children with Additional Needs

5 weeks

1. Understanding needs: special educational needs; reaching potential; raising self-esteem; meeting emotional needs; in for the long haul.
  2. Building relationships & understanding behaviour: importance of play; special time; parenting styles; house rules; understanding behaviour.
  3. Managing behaviour: behaviour 'toolkit'; troubleshooting; choices and consequences; questions.
  4. Coping with feelings: labelling; talking to your child about their condition; handling others' comments; reactions and feelings; coping with feelings.
  5. Handling wider support: home and school issues; tips on learning and social skills; communicating with professionals; dads; brothers and sisters; grandparents and other relatives.
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## Time Out For Parents: Children with Autism

4 weeks

1. Understanding ASC: what is ASC; causes; available support interventions; principles of behaviour management; sensory processing issues.
2. Understanding ASC: challenge of too much info, communication, social interaction; thinking differences; managing anxiety.
3. Managing behaviour: annoying/worrying/repetitive behaviours; resistance to change; special interests; self-esteem.
4. Understanding and managing challenging behaviour: PDA; problem behaviours; dysregulation.

## Time Out For Parents: Children with ADHD

4 weeks

1. Understanding ADHD: what is ADHD; sensory processing, social, emotional, physical, and academic difficulties; how ADHD brain works, building self-esteem.
2. What is attention?: managing attention deficit behaviours; school strategies; sleep.
3. What is hyperactivity?: managing hyperactive behaviours; oppositional behaviour.
4. Impulsivity: managing impulsive behaviours; managing constant demands and anger; coping strategies for parents/carers.





# Relationship support for Couples

## Reconnect

Reconnect is a short-term mentoring service, offering 5 sessions with a peer Support Couple to work on relationship problems or to help couples deepen their connection. It's not counselling, but our Support Couples are trained to listen, offer encouragement and help couples make positive changes.

### Time Out for Couples

This series of 4 events give couples the opportunity to take time out to invest in their relationship. With video content, couple discussions and reflection, we hope to encourage, inspire and equip couples in their everyday lives.

### Pre-marriage support

We provide 4 sessions with one of our trained Support Couples to cover what it takes to make a great relationship into a marriage.

# Reconnect

## Step 1: Initial enquiry

After completing an enquiry form on our website, our Relationship Support Lead meets with the couple to assess their needs and discuss if Reconnect is a good option for them.

## Step 2: Introductory session with a Support Couple

After the couple are matched with a Support Couple, they meet to get to know each other, get a taste for the way the sessions work, and decide if they wish to proceed.

## Step 3: Deciding to go ahead

If the couple is happy to continue, they are offered 4 further sessions, each approx. 2 weeks apart, to give couples time to implement the concepts and skills discussed with the Support Couple.

## Sessions cover the following topics:

- developing positive listening habits;
- meeting each others' emotional needs;
- recognising family influences;
- recognising and combatting bad argument habits;
- using 'I' messages to talk positively;
- handling anger more positively;
- resolving conflict together;
- forgiveness.



# Time Out for Couples

## Cherish

- Valuing each other through affirming words, acts and time together.
- Exploring love languages.
- Small things that make a big difference to connections.

## Commit

- Choosing love and agreeing boundaries to protect the relationship.
- Making sacrifices for each other.
- Getting through tough times together.

Events with themed video content, private discussion and reflection.

## Connect

- Understanding and accepting each other, and celebrating differences.
- Communicating well.
- Connecting at a deeper level.

## Collaborate

- Identifying and tackling common pressure points.
- Barriers to working as a team.
- Understanding triggers to anger and handling conflict well.



## Pre-marriage Support

Four sessions exploring tools to build a long and healthy marriage.

### Embark

Planning your future together

### Engage

Choosing to communicate well

### Exchange

Handling conflict positively

### Endeavour

Sticking together, come what may





# Our Team

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## Find out more



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