Community, Arts and Culture Development.

CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD

FAMILY STRENGTHENING PROGRAMMES (SFP) OFFERED BY THE CITY OF CAPE TOWN

1. STRENGTHENING FAMILIES PROGRAMME

The Strengthening Families Programme (SFP) is a family-based intervention designed to support families affected by substance abuse. Targeted at parents with children aged 6-11 years old, the programme is for a duration of 8 weeks with 10 sessions. It is presented once a week, with each session approximately 3 hours long. It focuses on improving parenting skills, enhancing family communication, and promoting a stable, nurturing environment for children. Through structured sessions, families learn coping strategies, positive discipline techniques, and ways to rebuild trust. By fostering strong family bonds, SFP helps break the cycle of addiction and promotes long-term recovery and well-being.

BENEFITS OF SFP:

- **Aims to improve parenting skills:** Teaches positive discipline, communication, and effective supervision.
- **Encourages reduction in family conflict:** Helps rebuild trust and strengthens relationships between family members.
- **Reduced risk of neglect and abuse:** Ensures children's needs are met and promotes a safe home environment.
- **Long-term stability and well-being:** Helps break the cycle of addiction and creates lasting positive change.

2. SINOVUYO/TEENS

Sino Teens is a family-strengthening programme designed to improve parent-teen relationships, reduce conflict, and prevent risky behaviours like substance abuse and violence. Targeted at caregivers and teens aged 10-17 years old, the programme duration is 9 weeks. Families must attend one session per week and each session is 3 hours. It teaches caregivers positive parenting strategies, helps teens develop coping and problem-solving skills, and strengthens family communication. The programme also promotes non-violent discipline, stress management, and community support to create a safe, nurturing home environment. Research shows that Sinovuyo Teens reduces adolescent risk behaviours and strengthens family resilience, making it an effective tool for long-term well-being.

BENEFITS OF THE PROGRAMME:

- **Encourages stronger parent-teen relationships:** Improves communication, trust, and emotional bond between caregivers and adolescents.
- **Aims to reduce family conflict:** Encourages non-violent discipline and stress management, leading to a more peaceful home environment.
- **Lower risk of substance abuse:** Equips teens with coping skills and strategies to resist peer pressure.
- **Better decision-making for teens:** Encourages positive behaviour, problem-solving, and goal-setting.
- **Encourages social support:** Strengthens community connections to provide long-term support for families.
- **Promotes the reduction of violence and neglect:** Aims to reduce harsh discipline and promotes safe, nurturing family dynamics.

For any queries, email **CTADAC@capetown.gov.za** or **Ferial.Soeker@capetown.gov.za**.