

How Caps Works

The programme includes:

- **Individual Sessions**
One-to-one with the young person once a week
- **Family Sessions**
One-to-one with the parent/carer
- **Parents Groups**
Opportunity to meet in a group to look at a variety of topics
- **Education Support**
One-to-one support to explore and address education issues



Belfast and
Southern Trusts

Child & Parent Support

For further information, or to make an enquiry, please contact:

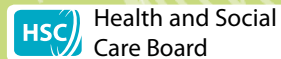
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This project is part of the early intervention strategy, supported by the Health and Social Care Board and the Southern Health and Social Care Trust.



Information for Parents

Aim

The Child and Parent Support (Caps) programme provides intensive support services to families whose children (aged 8-13 years) are at risk of engaging in anti-social or offending behaviour.

Why take part in Caps?

Caps works with parents and children to:

- Reduce risks
- Build confidence
- Give support
- Increase self esteem
- Provide advocacy
- Introduce families to new people
- Offer families new opportunities

What others say....

"The relationship with my project worker provided me with more confidence. I saw myself changing, which had a big impact on the kids. We are able to talk now and I support them."

Parent

"Caps is good, it helps with communication between you and your mum."

Young Person

