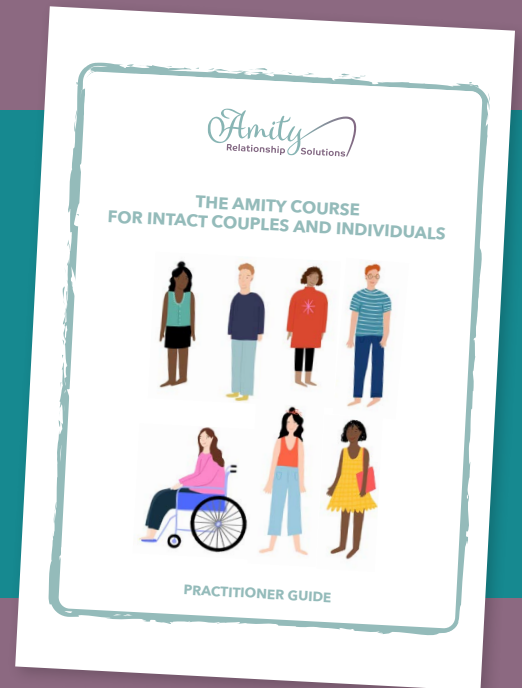


THE AMITY GROUP

Sharing constructive conversations

We understand the profound impact healthy relationships have on families, particularly on children's emotional well-being and development. That's why we've developed The Amity Group a six-session structured course designed by the Amity relationship experts and to help parents navigate challenging times in their relationships.

These sessions, available for face-to-face or virtual delivery, empower practitioners to guide groups of parents and carers through essential skills for building resilience, improving communication, and fostering healthier relationships at home.



HOW IT WORKS

Structured Sessions: Six engaging, solution-focused sessions to explore conflict, develop communication skills, and empower parents with actionable strategies.

Tools and strategies that work: Promotes inclusivity and acknowledges varied cultural norms and expectations around relationships.

Self-empowerment: Encourages parents to independently resolve issues without over-relying on practitioners for solutions in the future.

PRACTITIONERS ARE ENCOURAGED TO:

Set ground rules with the group to create a comfortable and safe environment.

Use the Amity Self-Reporting Questionnaire (provided in the practitioner resource) to assess needs and measure progress.

Explore participants' goals and expectations to ensure meaningful engagement and realistic outcomes.

Why choose The Amity Group?



The Amity Group equips practitioners to:

- Work with parents who prefer group settings to discuss sensitive topics like relationships, conflict and communication.
- Address communication breakdowns constructively, focusing on respect and resolution.
- Use culturally sensitive approaches, recognising diverse family structures, blended cultures, and norms.



Positive impact on families and children

Evidence shows that children thrive when parents communicate respectfully and resolve conflicts constructively. Frequent, destructive conflict harms children's emotional well-being and future outcomes. The Amity Group provides parents with practical tools to:

- Understand why they argue.
- Communicate in more productive ways.
- Build resilience to manage future challenges.

THEORY OF CHANGE:

How the Amity Course creates lasting impact

GOAL:

To improve family relationships by equipping parents with the skills to communicate effectively and resolve conflicts constructively, thereby fostering better outcomes for children and adults.

INPUT:

- The Amity Course: A six-session course for group facilitation.
- Practitioners trained to lead solution-focused, practical discussions.

ACTIVITIES:

- Facilitate structured sessions on conflict resolution and constructive communication.
- Introduce resilience tools and explore family dynamics in group settings.

OUTPUTS

- Parents and carers gain practical, easy-to-apply tools for healthier communication.
- Families develop resilience and relational curiosity.
- Practitioners feel confident guiding group discussions.

LONG TERM IMPACT

- Children experience improved well-being and stability.
- Families demonstrate long-term resilience, contributing to healthier communities.

OUTCOMES

- Reduced conflict and improved communication within families.
- Positive role modelling for children, fostering their emotional security.
- Empowered families equipped to handle future challenges.