



Partnering with Parents

**And Schools to Groom and
Nurture**

Tomorrow's Generation!



Who We Are

The Family Place (TFP) is a mental and behavioural health services provider, committed to foster-ing wellness and wholeness in all individuals. At TFP, we are “big” on relationships and are commit-ted to helping our clients connect effectively with themselves intra-personally, as well as with the outer world, interpersonally. This vision was born out of a passion and a desire to help families and individuals grow and maintain healthy lives and relationships. Relationships are at the baseline of all interactions and the better we are able to relate with ourselves and others around us, the more enjoyable life would be.

Parenting is the most difficult job on earth, yet the most fulfilling and every parent deserves to en-joy this experience. Parenting is

a process; parents change and grow to meet the needs of their chil-dren. There’s no such thing as a perfect parent, however, with the right skills, parents can create the fun, supportive, nurturing and happy environment they desire. At TFP, we support and empower parents, teachers and caregivers by drawing on the latest thinking in psychology, our skills, training and experience working with families with children of all ages, from toddlers to teens.

The parent-child relationship has a major influence on most aspects of child development; parenting skills and behaviours have a positive impact on children’s self-esteem, school achieve-ment, social-emotional development, cognitive development and behaviour.



What We Do

- Parenting Education; Parenting Courses & Workshops/Seminars
- Social- Emotional Learning (SEL) training for schools (Teachers, Counsellors and Students)
- Social skills club/training for children
- Developmental Screening
- Play therapy
- Family therapy
- Private Consultations

Parenting Education; Parenting Courses & Workshops/Seminars

A. Our parenting courses are structured to teach parents 5 basic skills and to address 5 domains. We adopt a strengths-based approach designed to promote the resilient development of young children. Parents learn in a relaxed and friendly environment through interactive modules that help them apply the concepts learned to their own family life, in practical and personal ways and behaviour

B. We also offer an extensive range of topic-based workshops and these in-depth seminars are usually 2 hours long. Some of the topics include:

□ Raising an emotionally intelligent child

- Raising resilient children
- Positive and effective discipline
- Nurturing your child's developing mind
- How to talk so children will listen
- How to listen so children will talk
- Preparing for the teenage years
- Communicating with adolescents
- Fostering harmony between siblings
- Helping children with the transition to secondary school
- Dealing with toddler tantrums
- Parental Influence on the Social-Emotional Development of Children

Workshops could also be delivered based on a topic of your choice*



DOMAINS

1. Parent Development
2. Parent-child Relationship
3. Early Childhood Development
4. Family Development
5. Culture & Community

5 BASIC SKILLS

1. Encouragement
2. Can Do
3. Choices
4. Self-control
5. Respecting Feelings



Benefits of Our Parent Education Programmes

- Positive, caring relationships between parents and their children are fostered.
- Strategies that help parents support their children's social-emotional development are offered.
- Parents' abilities to listen to their children, set expectations for them, and involve them in meaningful ways in home life are enhanced.
- Parents acquire and model for their children the use of self-control, brainstorming, creativity, and problem-solving.
- Parents learn to equip their children with skills to deal with difficult life situations in safe and healthy ways.
- Parents' optimism about their abilities to build a bright future for their children is encouraged.

Social-Emotional Learning (SEL) Skills Trainings for Teachers/Counsellors

We offer a teacher classroom management training programme that hinges on promoting the teacher's self-confidence and competence in employing the use of positive and proactive classroom management strategies, establishing positive relationships with students and parents and adopting effective approaches to discipline. They also learn how to teach students social skills and emotional regulation.

Programme contents include:

- Managing teacher stress
- Decreasing inappropriate behaviour
- Motivating children through incentives
- Establishing rapport with students and parents
- Proactive teaching; preventing behaviour problems
- Promoting social and emotional competence and problem solving in students

Social-Emotional Learning (SEL) Skills Trainings for Students

A synthesis of research on development during the early years prepared by the National Scientific Council on the Developing Child (2007) indicates that emotional well-being and social competence provide a strong foundation for brain development and emerging cognitive abilities.

Our social and emotional skills training programme for students is designed to improve children's school behaviours, promote social competence, self-regulation and positive peer relations, teach communication of feelings, anger management and to help them

develop appropriate conflict management skills.

Our student training curriculum on social and emotional skills address 5 core competencies:

- **Self-awareness:** Knowing yourself, knowing your emotions, strengths and challenges, and how your emotions affect your behaviour. Understanding the role of the brain in human behaviour.
- **Self-management:** Knowing how to control your behaviours and moods, and setting and working toward goals.
- **Social awareness:** The ability to understand and

respect the perspectives of others, and to apply this knowledge to interactions with people from diverse backgrounds.

□ **Relationship skills:** Knowing how to establish and keep rewarding and positive relationships with friends, family and others from a wide range of backgrounds.

□ **Responsible decision-making:** Identifying the impact of your choices on yourself and others, and using empathy, relationship skills and self-awareness and social awareness to make decisions.

Developmental Screening



We offer developmental screening for children (3months -5 years) and psychosocial (behavioural and emotional) functioning screening for children and adolescents (4-17 years). Developmental screening is vital because it helps to monitor a child's developmental milestones. It ensures early identification and timely intervention of developmental delays. It also aids in determining whether or not a child will need further comprehensive evaluation/assessment.

Why Screen?

□ Early identification of infants and toddlers at risk of social-emotional deficits is crucial for improving developmental outcomes.

□ Early detection of developmental delay will enable parents to seek appropriate professional help to assist the child in improving on the identified deficit skills.

□ Once established, social-emotional problems are highly resistant to change and intensify if not managed effectively and timely.

□ Strong relationships exist between childhood social-emotional problems and delinquency and later criminality.

**Our screening
procedure
assesses
6 domains**

1. Communication
2. Gross Motor skills
3. Fine Motor skills
4. Problem-solving
5. Personal-social
6. Social-emotional skills



Play Therapy



This is a form of counselling or psychotherapy that involves the use of play (toys and other creative art media) to engage children in order to help resolve or prevent emotional and or behavioural challenges. Play is said to be the language of children, while the toys are their words. This form of therapy helps in gearing the children towards better social integration, growth and development, emotion management and trauma resolution.

Family Therapy



We offer psychological counselling services in which we help family members improve communication and resolve conflicts effectively.

We work with families to foster change and development. The family therapy sessions teach skills to deepen family connections and help the members overcome stressful situations. We believe that the family being society's fundamental unit is its greatest agent of change.

Healthy families raise healthy citizens.

Private Consultations



We offer private consultations for parents and caregivers. These consultations could be done over the phone, Skype or through face to face interaction and usually last between 45-60 minutes. In these sessions, parents and caregivers discuss issues on parenting with the therapists and together they brainstorm on the most effective ways to work with their children.

Structure/Schedule of Services



The social-emotional skills training is for students ages 2- 17 and can be incorporated into classroom teachings or taught separately as a subject on its own, by a counsellor or teacher, depending on the age group. We also have summer programmes tagged "Social Skills Club/Friendship Club," where children learn social-emotional skills in a fun way and make new friends.

1. Parenting Course: 8-10 classes
2. Parenting seminars/workshops: 90-120 minutes
3. SEL Teacher/Counsellor trainings: 3 days
4. Workshops for teachers: 90-120 mins
5. Social Skills/Friendship Club: 2-3 weeks
6. Play therapy sessions: 45 mins
7. Family Therapy Sessions: 60-90 mins

Why partner with us?



Brain research shows that emotion and cognition are profoundly interrelated processes. Emotion and cognition work together, jointly informing a child's impression of situations, thereby influencing behaviour. Research has also shown that those with high emotional intelligence have better attention skills and fewer learning problems, and are generally more successful in academic and workplace settings.

Owing to the fact that children spend most of their developmental years at home and at school, who then would be best to teach and model emotional intelligence if not parents and teachers?!

From experience with working with children and their families, we possess an in-depth knowledge of the cognitive and social-emotional development processes in children and the major influences on the processes. Therefore, We at TFP will work with you to provide a nurturing and conducive environment for these processes to develop effectively.

Our services are offered with perfection and at affordable charges. We are extraordinary at what we do because we go beyond a mere partnership and seek to establish a relationship with all our clients.

Our Lead Facilitator/Mental Health Educator

Gbemisola Ogunrinde, a psychotherapist, is the founder of The Family Place, a mental and behavioural health services provider, committed to fostering wellness and wholeness in all individuals. With special interest in family development, Gbemi conducts marriage and family therapy for couples and play therapy for children/adolescents. She also conducts individual therapy for adults and facilitates professional counselling trainings, parenting education workshops and workshops on mental health.

Gbemi is the author of "Keeping it Together in a Crazy and Uncertain World," a self-help book for building resilience and developing positive mental health. She has been privileged to work with various client populations from different economic strata and ethnic backgrounds, addressing challenges such as relationship problems, marital conflict, behaviour misconduct, anger management, grief, anxiety, depression, self-harm, suicidality and phase of life problems.

She holds a bachelor's degree (BSc) in Psychology from Covenant University, Ogun, Nigeria, and a master's degree (MA) in Family Psychology from Hardin-Simmons University, Abilene, Texas and is a member of Psi Chi, the International Honor Society in Psychology



Gbemi is a member of The Canadian Association for Child and Play Therapy and has been trained in Trauma-Focused Cognitive-Behavioural Therapy for working with troubled children. She is a Prepare/Enrich facilitator and has worked as the Counsellor and Welfare officer of The Real Woman Foundation, Lagos Nigeria. She has also worked as a therapist with the Olusola Lanre Coaching academy (OLCA), as well as served with The Family Psychology Center, and the Ministry of Counselling and Enrichment, Abilene, Texas. Currently, she serves as a part time counsellor at the Women At Risk International Foundation (WARIF).

In addition to being the lead therapist at The Family Place, Gbemi serves a faculty member at Attitude Development International Counselling School. She is also as an Independent EAP Counsellor for Morneau Shepell and a therapist on the Ask An Expert and Leke Alder jacknjilive.com platforms. Additionally, she serves on the Central Working Committee for Joy Incredible and on the board of Dolly Children Foundation. She is also on the board of the Africa Network of Professional Counsellors (ANPCO). Gbemi believes in a new Nigeria and has chosen to play her part by impacting the home front. According to her, the family being the most fundamental unit of society is its greatest agent of change!

Contact Us

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