



SEEKING GOD TOGETHER COMPANION RESOURCES SEASON 4 – ADOLESCENT YEARS

- Accompanying/supporting the family's relational life as a place where God dwells
- Parish and school welcoming, accompanying, serving, particularly those on the margins
- Building community as the Body of Christ

Across the dioceses of England & Wales the Catholic Church has a network of **Co-Ordinators for Marriage and Family Life Ministry**

<http://www.catholicfamily.org.uk/diocesan-work/diocesan-family-ministry> And
<http://www.catholicfamily.org.uk/wp-content/uploads/2017/03/FAMILIAS-Membership-Leaflet-2017-1.pdf>

Parish Family Groups support and care for all families – including all generations is a priority. The Family Group Movement seeks to create a true sense of community in fulfilment of Jesus Christ's command for love, friendship, and companionship in the lives of his disciples, and as experienced by the early Christian communities. E.g. Create family groups, and signpost families with children/teenagers to a family group

<http://www.catholicfamily.org.uk/related-work/parish-family-groups>

<https://www.catholicfamily.org.uk/wp-content/uploads/2015/07/Family-Group-Movement-Parish-Toolkit.pdf> (free toolkit for developing family groups in a parish)

Key strategies for working with adolescents from the Catholic Youth Ministry Federation(CYMFED) e.g. a resource describing a 'Detailed Typology: Mapping the Terrain: Discovering the reality of young Catholics' (2010, CYMFED, Editor Danny Curtin) www.cymfed.org

Research: Intergenerational approach for churches growing young rather than grey
<https://fulleryouthinstitute.org/stickyfaith> Dr Karen Powell, and the Fuller Youth Institute 2016, <https://refocusministry.org/2015/08/17/why-intergenerational-worship-and-why-now/>

Forming a small home-parish-school (HPS) team with representatives from each (HPS) for planning and conversation about strategies to strengthen and enrich the relationship between families, schools, and the parish, supporting parents in living and sharing faith with their teenagers see suggestions at <http://www.catholicfamily.org.uk/what-we-do/passing-on-the-faith>

Supportive real-life stories from other parents

<https://www.careforthefamily.org.uk/family-life/parent-support>

Range of ideas and material for growing in faith for families with school-age teens which can be used/ adapted for use in a Catholic setting

<http://www.going4growth.com/home>

CHAPLAINCY IN SCHOOLS (SUPPORTING ADOLESCENTS, THEIR FAMILIES, SCHOOL STAFF)

- Association of Chaplains in Education (England & Wales) to support spiritual and pastoral welfare, and professional development of chaplains; to promote chaplaincy in all schools; to provide network and communication channels with Bishops' Conference departments and agencies; networking with other agencies <http://acceuk.org.uk/>
- **The Explore Experience** – opportunities for school age students to hear and question couples directly about their marriages, and learn about the vocation of marriage www.theexplorexperience.co.uk

PARENTING PEER SUPPORT PROGRAMMES

These are friendly, informative and life-enriching experiences and can be run in parishes and schools e.g.

- **Family Caring Trust programmes** <http://www.familycaring.co.uk/> Training for facilitators available. Includes Parenting and Sex, Parenting Teenagers, and Parent Assertiveness training
- **Parenting course resources** <http://themarriagecourses.org/try-parenting/the-parenting-children-course> with DVD for self-run groups
- **Care for the Family parenting** <http://www.careforthefamily.org.uk/courses/parenting-courses-time-out>

PARENTING AND EDUCATION FOR RELATIONSHIPS

- See **Learning to Love**, the Catholic Education document on relationships and

sex education <http://www.cesew.org.uk/images/Learning2love.pdf.pdf>

- **Schools' support of families and the family's role in relationships and sex education** see schools' curriculum and policies
<http://catholiceducation.org.uk/schools/relationship-sex-education>

SUPPORT FOR ADOPTIVE OR FOSTERING FAMILIES

- England & Wales: <https://www.adoptionuk.org/>
- Northern Ireland: <http://www.adoptionandfostering.hscni.net/> e.g. 6-day programme for parents 'A Piece of Cake'

Fostering and Adoption: continuing post adoption and aftercare of families

- <https://www.cathchild.org.uk/pathways/> and www.adoptionuk.org for support for adoptive or fostering parents
- e.g. in Diocese of Leeds <http://www.catholic-care.org.uk/> offer post adoption care for families

RELATIONAL SUPPORT FOR PARENTS (some examples)

- **Listening skills** training via <http://www.acornchristian.org/> for training books/DVDs, and events)
- **Partners on a journey**, John Gottman, combines Catholic theology with findings from research to inspire and support married couples
- **For your marriage (USCCB) website:**
<http://www.foryourmarriage.org/encouragement/>
- **Catholic couple check-up** <https://www.catholiccouplecheckup.com>
- **Caná Week (Chemin Neuf Community)** to strengthen and encourage married relationship <http://www.chemin-neur.org.uk/en/home/our-programmes/cana-couple-and-families>
- **World Wide Marriage Encounter (UK)** <http://www.me.org.uk>
- **Teams of our Lady** <http://www.teamsgb.org.uk>
- **Couple Alive** – Family Caring Trust www.familycaring.org.uk
- **Marriage MOT and counselling, Marriage Care**
<http://www.marriagecare.org.uk/how-we-help/relationship-counselling>
- **Support to help recovery following relationship breakdown**
<https://www.restoredlives.org/>
- **For children caught up in vulnerable situations of loss** through marriage breakdown www.RainbowsGB.org.uk
- **LGBT+** for sensitive support of families and young people who identify as LGBT+ please contact lgbtcatholicswestminster@gmail.com or see <https://rcdow.org.uk/diocese/lgbt-chaplaincy/> 'Building a Bridge' by James Martin SJ, on developing pastoral support for LGBT+ people and their parents.

ROLE OF GRANDPARENTS

www.catholicgrandparentsassociation.com

SUPPORT WITH PARENTS OR CHILDREN WITH INTELLECTUAL DISABILITIES

- **St Joseph's Pastoral Centre** <http://www.stjoseph.org.uk/>
- **L'Arche** <https://www.larche.org.uk/> communities offering families support and love, and offering home to a family member with learning disabilities
- **Faith and Light:** Supporting all families with members with learning disabilities, offering friendship, worship and celebration <http://www.faithandlight.org.uk/>
- **Parish and school guide/resources**, see <http://www.disabilitiesandfaith.org/resources/guidebooks/Disability-Manual-Churches.pdf>

SUPPORT OF FAMILIES LIVING WITH LOSS THROUGH ILLNESS, ACCIDENT, DEATH, DIVORCE, OR OTHER PAINFUL CIRCUMSTANCES

- **Rainbows:** <http://www.rainbowsgb.org/> special programme for use in secondary schools or parish setting. Excellent facilitator training available.
- **Bereavement support for children with special educational needs**
- <https://childbereavementuk.org/for-schools/secondary-schools/>
- <https://childbereavementuk.org/wp-content/uploads/2016/05/1.4d-Children-with-special-educational-needs-and-their-grief.pdf>
- **The Grieving Teen**, A guide for teenagers and their friends, by Helen Fitzgerald ISBN 0-684-86804-0
- **Ministry of Consolation** in event of a death in the family (child, or adult) see examples in Diocese of Hexham and Newcastle, or Archdiocese of Liverpool for resources and support, contact via email: spirituality@diocesehn.org.uk
- **Young Suicide:** Information and training, and support of young adults at risk of suicide, and their families <https://www.papyrus-uk.org/>
- **Awareness of date violence/domestic abuse for teenagers** <http://www.breakthecycle.org/>

Research: Understanding the harmful effects of parental conflict

- <https://www.relate.org.uk/policy-campaigns/publications/way-we-are-now-state-uks-relationships-2015>
- Professor Gordon Harrold's research

<http://www2.le.ac.uk/offices/press/press-releases/2013/may/how-family-conflict-affects-children>)

- **Mental health awareness and training** to support families living with mental health problems in adults, teenagers or children
<http://www.catholicfamily.org.uk/related-work/mental-health-project>

SUPPORT FOR ALL FAMILIES, INCLUDING FAMILIES LIVING IN POVERTY & IN CHALLENGING CIRCUMSTANCES

- **Catholic Children's Society** <https://www.cathchild.org.uk/mission-values/>
- **Diocesan example: 'Brunch Time' in school holidays:** parish provides breakfast and a packed lunch, or hot meal and snack for local school children during the periods when they are not receiving school meals, as well as art, craft, music and dance activities. Parent/grandparent/carer have tea/coffee/toast E.g. St Joseph and St Alban, Liscard, Wallasey www.stjosephandalban.com and email cc.donn@talktalk.net for information
- **Domestic Abuse** <http://www.cedar.uk.net/> for resources to help Catholic community grow in awareness of the issues surrounding domestic abuse
Updated Guide 2018: Catholics Experiencing Domestic Abuse, National Board of Catholic Women, in collaboration with CBCEW/Catholic Social Action Network (CSAN)

Support For Families of Prisoners and Ex-Offenders

- <https://www.prisonadvice.org.uk/> an independent Catholic prison charity serving families of prisoners, ex-offenders and prisoners, across England & Wales
- Bishops Conference Prison Chaplains' Adviser
<http://www.cbcew.org.uk/CBCEW-Home/Departments/Christian-Responsibility-and-Citizenship/Prison-Ministry>
- <https://www.prisonadvice.org.uk/>

Support for Families Living with Mental Health Problems

<http://www.catholicfamily.org.uk/related-work/mental-health-project> - for parish mental health first-aid training. See the range of resources and links at www.catholicmentalhealthproject.org.uk

MINISTRY OF CONSOLATION

In event of a death in the family (child, adolescent or adult) see examples in Diocese of Hexham and Newcastle, or Archdiocese of Liverpool for resources and support, contact via email: spirituality@diocesehn.org.uk

CSAS (Catholic Safeguarding Advisory Service) are responsible for driving and supporting improvements in practice; primary role of co-ordination, advice and support in safeguarding children, young people and vulnerable adults

<https://www.csas.uk.net/>

Caritas Social Action Network

<http://www.caritascare.org.uk/> for the many organisations and networks supporting pastoral care and formation of families

SUPPORT FOR FAMILIES WITH ADOLESCENTS IN WIDER COMMUNITY ACTION/ SERVING OTHERS

- **Micro-financing:** Encouraging parish/family engagement in micro-financing projects www.lendwithcare.org
- **CAFOD Faith in Action** material <http://cafod.org.uk/Education/Young-people/CYMFED-Faith-in-Action-Award>
- **CAFOD youth leadership** <http://cafod.org.uk/Education/Youth-leaders-and-chaplains>
- **Laudato Si** CAFOD power-point <https://cafod.org.uk/content/download/25410/182523/file/Laudato%20Si'-%20PowerPoint%20reflection.ppt>
- **Youth and Society of St Vincent de Paul** – caring for those in need <https://www.svp.org.uk/youth-svp>
- **Food bank** organisations information and how to get involved <https://www.trusselltrust.org/what-we-do/>
- **Information about poverty** in the UK <https://www.jrf.org.uk/> from the Joseph Rowntree Foundation

Accompanying a developing family spirituality, rituals and traditions at home, parish and school nurturing relationship with God in Christ through scripture, teaching, liturgy, sacraments

- **Christian Initiation for teenagers requesting Baptism.** A Journey in Faith (OICA, formerly RCIA) Part 2, Adapted for unbaptised children, or adapt the

adult rite as necessary in an age/ability appropriate way. See the Rite itself for the principles and pathway, and Liturgy Office Martin.Foster@CBCEW.Org.uk for national RCIA network resources

- **Confirmation:** Many dioceses have programmes of family catechesis for parents and children/young adolescents including preparation for the Sacrament of Confirmation, promoting and supporting the role of parents in passing on faith. Diocesan example, **Empowered by the Spirit**, available from evangelisation.admin@dioceseofleeds.org.uk
- **Celebrating Liturgy of the Word**
- **Spiritual Garments, Julie McCann**, handbook for preparing liturgy with children/teens especially in schools
<http://www.decanimusic.co.uk/product/spiritual-garments/>

INVOLVING ADOLESCENTS IN RITUALS AND CONVERSATIONS AT HOME (some examples)

- **Blessing of homes e.g.** <https://www.catholicireland.net/the-little-book-of-christian-rituals-in-the-home/>
- **Blessings for all occasions:** The Veritas Book of Blessings for All Occasions ISBN-13: 978-1847305176 <https://stpauls.org.uk/liturgy/catholic-liturgical-books-booklets/other-catholic-liturgical-books/the-veritas-book-of-blessings-for-all-occasions.html>
- **Counting our Blessings: a CBCEW resource**, using 'real questions of life' and scripture for conversations. Try it with teenagers and their parents/grandparents <http://www.catholicfamily.org.uk/related-work/counting-our-blessings>
- **Faithful Families: Creating Sacred Moments at Home** Traci Smith – teenage children could be invited to lead some of these for younger siblings and parents. ISBN 978-0-827211-22-3

SUPPORTING PRAYER AND VOCATIONAL DISCERNMENT

- **National Office for Vocations for discerning vocation** to religious life, priesthood or marriage. Vocations App, **God Calls**, for 16-35 year olds, download the app for iOS or Android at www.godcalls.co.uk
- **Prayer as families – all ages:** Family Caring Trust – 'Enjoy Praying' www.familycaring.co.uk
- **Lectio Divina resources**
 - https://www.biblesociety.org.uk/uploads/files/our_work/lectio_divina/year_a_nov_feb.pdf

- <https://www.biblesociety.org.uk/explore-the-bible/word-on-the-go/prayer/> Daily 'prayer on the go'
- <http://www.soulshpherd.org/2012/07/lectio-divina-guides/>
- <http://www.liturgyoffice.org.uk/Resources/Scripture/Lectio-Divina.pdf>
- <https://www.ocp.org/en-us/artists/1092> Bernadette Farrell music for spirituality
- <http://www.margaretrizza.com/> inspirational music for prayer/contemplation
- **CAFOD prayer resources** <http://cafod.org.uk/Pray/Prayer-resources>
- **Youth Prayer Book YOUCAT**
<https://www.paulineuk.org/browse/books/children/prayerbooks/item/youcat-youth-prayer-book/9781860828522>
- **Painting the Word – art and scripture**
<https://uk.pinterest.com/explore/scripture-painting/>
- **A Book of Blessings** and how to write your own; Ruth Burgess, Wild Goose Publications, The Iona Community (2001)

COURSES PROMOTING CHURCH TEACHING ON MARRIAGE AND FAMILY AND THE PASTORAL CARE OF THE FAMILY (some examples):

- **Maryvale Institute course** – forming catechists to teach on marriage & family life
<https://www.maryvale.ac.uk/catechesis-on-marriage-and-family.html>
- **Chaplaincy courses** for pastoral care of families, via schools, hospitals/healthcare, prisons and other specific groups, e.g. Travellers' community at St Mary's University <https://www.stmarys.ac.uk/home.aspx>
- <http://www.brs-ccrs.org.uk/> **Catholic Certificate in Religious Studies**, with modules in Marriage & Family Life ministry