

THE JOURNEY HOME PROJECT

Based upon the Strengthening Families Program



Journey Home
Strengthening Families Program
عائلات قوية

TESTIMONIES

“Our relationship as a couple has improved through better communication”

JHP Parent

“There has been a definite improvement in the children’s behaviour at school”.

School Principal

“We’ve gained better thinking habits and the stress has diminished in our household”.

JHP Parent

“This program draws our attention to our children and made us sit with them for more time and discover more about our pros and cons”

JHP Parent

For more information contact:

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Eligibility Criteria

JHP targets children and youth, ages 6-16, and their families who have experienced pre-and post-migration stressors and / or who come from conflict zones.

JHP targets groups with risk factors under the following 5 domains:

- **Individual-related factors**, such as anxiety, depression, delinquent behaviour, aggressiveness and hyperactivity
- **Family-related factors**, such as family disputes, little parental involvement and poor discipline
- **Peer-related factors**, such as little social commitment and deviant friends
- **School-related factors**, such as low academic achievement, exclusion and suspension from school
- **Community-related factors**, such as poor social networks, availability of drugs and alcohol

What is the Journey Home Project (JHP)?

JHP is a 14-week evidence-based parenting program focused on strengthening the family. The curriculum handouts have been translated into Arabic.

JHP provides parents’ skills training and equips children with pro social life skills through culturally adapted family activities, meetings, and games.

Meals, transportation and childcare incentives are provided for all participating families.

Benefits of JHP

Promotes family cohesion, communication and organization

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Increases resilience

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Improves educational achievement

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Enhances children’s learning in resisting peer pressure, managing anger and gaining problem-solving skills

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Breaks social isolation since families are able to meet others who speak the same language and are from similar cultures

