

Every family has problems at some time or another.

During such difficult times, it could really do with the help of its friends and other family members. A plan must be made, so that the problems can be solved. One way of doing this is to organise an Eigen Kracht-conference.



This might be because of illness, rowing or moving house.

What is an Eigen Kracht-conference?

This is a meeting for you, your family and other people close to you. This might be your grandfather or grandmother, your aunt or uncle, good friends or neighbours. These people and a counsellor come together in an Eigen Kracht-conference. Sometimes, there could also be someone from school, or someone else that knows a lot about something that is important for your future. You all get together to make a plan for your future.

You might have heard people talk about Eigen Kracht-conferencing before. This is another name for a Family Group Conference.

Why is an Eigen Kracht-conference held?

There are people who care about you and who are concerned about your future. Together with you, they want to think about what is best to do to improve the way you feel. They can do this in an Eigen Kracht-conference.



Can I be there?

You will definitely be invited – so will your brothers and sisters, if you have any. You could also ask your best friend to come too. At the conference, you will be able to talk about how you feel and what you would like to happen. If you don't want to, you won't have to stay for the whole conference; you could leave for a while, and do something else in a room close by.

Do I have to be there?

It's good if you're there, but no-one will force you to go. It's very important that the people that do go hear what you have to say. If you don't want to go, you can make a video or cassette recording, or write a letter. This will then be played or read out during the Eigen Kracht-conference.

Who else will be there?

People from your family and good friends. If you have a counsellor, he/she will be there too. Often this is a counsellor or mentor from school. Or someone else that can tell others important things about you or about help that might be useful to your family. In any event, you will be asked who you think should be there. Before the meeting, you will be told who will be there.

Who arranges everything?

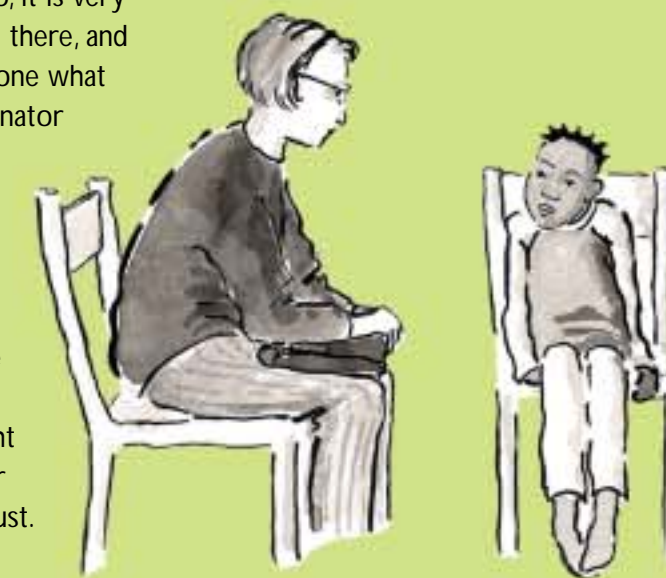
An independent Eigen Kracht-co-ordinator. He/She introduces him/herself to you and your family. The co-ordinator discusses what will happen at the meeting with you and your family, and you and your family decide who will be there, where the conference will be held and at what time. Also what food, drink and toys are needed.

I don't know if I can ...

I don't know if I'll feel OK ...

I don't know if the grown ups will listen to me ...

This is all about you. So, it is very important that you are there, and that you can tell everyone what you think. The co-ordinator discusses with you the best way is to do this. It sometimes helps if you take someone with you. Somebody who's there just for you, to offer you support. This might be an aunt, a neighbour or a friend that you trust.



What happens during a Eigen Kracht-conference?

- 1 The co-ordinator welcomes everyone. Your counsellor and others will talk about the problems that your family has and about what they can do to help. Everyone can ask them questions.
- 2 The co-ordinator and counsellor(s) go to another room. You, as a family, are then left together. You will talk about what the problem is and about what would be a good plan to help you.
- 3 If you all agree to the plan, it is written down. The co-ordinator and the counsellor(s) return to the room, when they are told what the group has come up with. This means that everyone knows what is going to happen.



How long will it be before the Eigen Kracht-conference happens?

It might be a few weeks. The co-ordinator tries to ask everyone that is important to you. The co-ordinator has to find somewhere to have the conference. And a time when everyone can be there. If you think it's taking too long before you hear anything, call the co-ordinator. He/She will know how much longer you'll have to wait.

If things aren't going well?

An Eigen Kracht-conference is one way of making a plan for your family's future. But it's not magic. You, your family, the counsellors, you all have to do your best to make sure the plan works. It often helps if you get together again to discuss how things are going after a couple of weeks or months. Good luck!

Your Eigen Kracht-co-ordinator is:

name

telephone number

What I think is important for my future:

.....

Family and friends that I would like to have at the Eigen Kracht-conference:

.....

Counsellors that have helped me, or could help me in the future:

.....

I would like to have the following food, drink and toys at the Eigen Kracht-conference:

.....

information for children and teenagers



Eigen Kracht-conference

Making a plan together ...

Deciding together ...

... about **your** future!