

Parents of 11-18 year olds

Programme Details

Location: Get Rid of and Donate CIC, Green Space Works Studio 1 LJ Works, 7 Gastineau Yard, London SW9 7FA

Date: Every Tuesday, from 16th April 2024 to 17th July 2024

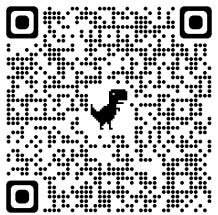
Time: 6pm -9pm

Facilities: Evening meal provided and some help with childcare available (speak to Joy)

Contact: Joy Ohen 07701048479

Sign up at <https://bit.ly/SFSCLambda>

"I found it very supportive being part of a group and sharing ideas with other parents."



Scan here to book a place



Parents of 11-18 year olds



A free inclusive course to help parents and carers to raise healthy and happy young people

FREE



Strengthening families, strengthening communities



“I spend more time with my mum, and we communicate better.”

About the Programme

Strengthening Families, Strengthening Communities is a popular parenting programme for anyone raising children. We welcome parents and carers from all backgrounds who would like to work on their parenting skills and build positive relationships with their children and teenagers.

We can help you to recognise and respond to the challenges of being a parent and the risks and concerns facing our children. Whether you want to help your child do well at school, deal with bullying, avoid online grooming or getting in with the ‘wrong crowd’, or just feel more confident: SFSC can provide you with strategies to help you feel equipped as a parent and help you to keep your children safe.

SFSC runs for three hours a week for 12 weeks. Some groups provide free childcare and refreshments. There is also an introductory session where you can find out more. Just come along, bring a friend or partner if you prefer, and see if it’s for you!

The course will help you to:

- Build positive family relationships
- Manage anger and stress
- Implement effective discipline strategies
- Gain confidence and communication skills
- Understand your child’s development
- Recognise and value your family and cultural traditions
- Meet others and share ideas

All groups end with a celebration.

You will receive a certificate and a parent manual.

“I loved the programme and will ask my friends and relatives to go as well.”

