

## Programme details

Location: St Luke's Community Centre, 90 Central Street, EC1V 8AJ

Start Date: Tuesday 20th April 2021. The course runs for 13 weeks, (term time only)

Time: 10.00am-1.00pm

Facilities: Refreshments and light meal provided.

To book a space please contact:

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strengthening  
families  
strengthening  
communities



A free inclusive course to  
help parents and carers raise  
happy confident children  
**all ages from babies to teens**



strengthening families  
strengthening communities

## About the programme

This 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.

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

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

*I spend more time with my mum and we communicate better*

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!

*I feel calmer about dealing with my children on a day-to-day basis. I don't get angry as quickly.*



### 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.