

Programme details

Where Albrighton Children Centre Albrighton

When Tuesday 9th January 2018 for 13 weeks

Time 10am-1pm

Facilities provided

Creche facilities are available at the centre

Contact

Call Kaya on 0207 428 1880 or 07701 0484



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



strengthening
families
strengthening
communities



PROVIDING SEXUAL HEALTH PROMOTION SERVICES
ACROSS LAMBETH, SOUTHWARK & LEWISHAM



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 feel more confident talking to my children about subjects like sex and relationships

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.

