

Programme details



Are you a parent with children aged 3-18?

Do you want to **help shape services** for the future?

Come and be part of a study to **promote family wellbeing!**



Location: Masbro Centre, 87 Masbro Road, W14 0LR

Start date: 22/02/2022 (Every Tuesday for 13 weeks, school term only)

Time 9:30-12:30

Facilities: Refreshments will be provided. Limited creche facilities available for children under 5.

Contact: Marina Kopanja, Mobile: **07740752679**
E-mail: marina@upg.org.uk

Please do not just turn up to the first session:
all places must be booked in advance



strengthening families
strengthening communities



We are asking parents to complete **four** questionnaires over the course of a year and you will get **£40 of vouchers** if you complete them all.

You will take part in a **free** 13 week programme for parents, which is designed to help parents build positive relationships with their children.

About the programme

Strengthening Families Strengthening Communities (SFSC) is a free inclusive course to help parents and carers raise happy confident children, from ages 3-18 years.

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

SFSC runs for 3 hours a week for 13 weeks. Some groups provide free childcare and refreshments

All groups end with a celebration and you will receive a certificate and a parent manual.

strengthening families strengthening communities

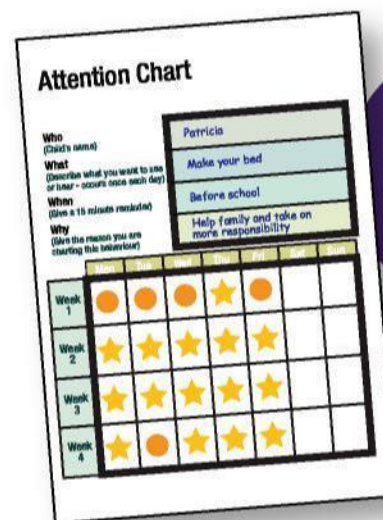


“Children don’t come with a manual, this is the next best thing”

“Take part in the study and make a difference to future families.”

The course aims to help you

- 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



“This research is long overdue! No matter how good a parent you think you are, you certainly can be a better one after the programme.”

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