

## Programme details

Location: Cambridge Heath Salvation Army  
70 Cambridge Heath Road, E8 4RT

Date: Tues 11th January for 13 weeks  
(no sessions during school holidays)

Time: 10am-1pm

Facilities: Refreshments provided  
Limited creche spaces, please book in advance

Contact: Book places by emailing  
chalice@racefound.org.uk or calling 07958086590  
or through our online form <https://bit.ly/HackneySFSC>



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

Race  
Equality  
Foundation



strengthening  
families  
strengthening  
communities



Hackney



Scan the QR code,  
complete the form  
and book a place!



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.

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.

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

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

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

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.

