

FREE Support Is Here for Fathers, Mothers & Adult Carers

They just need to hear about them

Build a Stronger, More Secure Relationship with Your Child

FREE 8-session Circle of Security™ Parenting for parents and carers of children aged 4 months to 5 years



Circle of Security™ Parenting (COSP) helps you to understand your Child's emotions and needs, so you can respond with confidence, warmth, and calm.

What Is Circle of Security™ Parenting?
It is a supportive evidence-based group programme that helps parents and caregivers better understand children's emotions, behaviour and need for connection.

This programme can help you:

- Strengthen your connection with your child
- Understand your child's emotional cues and behaviours
- Build a more secure and resilient relationship
- Feel more confident and calm in your parenting
- Meet other parents/caregivers and share experiences

A gentle approach to parenting that is

- not about blaming parents/caregivers or "fixing" children.
- about helping you notice what your child needs and how you can support them.

Who Is It for? Parents and Caregivers of children aged 4 months to 5 years

Programme Details: Friendly 2-hour group sessions once a week

Thursdays, 24 September - 19 November 2026 (except holidays)
9:45am – 11:45am
Keys Meadow Primary School,
84 Tysoe Avenue, EN3 6FB

Or

Mondays, 19 October 2026 - 14 December 2026 (except holidays)
@ 10am – 12 noon
Craig Park Family Hub,
2 Lawrence Road, N18 2HN

Free refreshments provided
Certificate Awarded on Completion
Professionals or parents can make a referral

How to book? [Circle of Security Referral](#) or call 02081069996 or Scan QR Code



Contact Information: parentingprogrammes@enfield.gov.uk

www.enfieldparentingdirectory.co.uk



1st October 2026 is the FINAL opportunity for parents/Caregivers to join our Circle of Security September group!!!

 SFSC Stronger Relationships @ Ponders Family Hub – LAST DAY to join
Friday, 2 October 2026



Free
refreshments
will be
provided

Strengthening Families, Strengthening Communities (SFSC)

Stronger Relationships Programme

Helping parents and carers communicate better, reduce conflict and build stronger family relationships

Are you a father, mother, adult carer or family member helping to raise a child in Enfield?

Join our friendly, supportive group to share and learn practical ways to communicate better, reduce conflict and strengthen family relationships.

Stronger Relationships Programme is an inclusive 13-week addition to the Strengthening Families Strengthening Communities evidence-based Programme. It offers a safe, welcoming and non-judgemental space for fathers, mothers, grandparents and other adult caregivers - living together or apart - to improve relationships and create a positive impact on family life.

Together we will learn:

- Ways to strengthen relationship with our children
- How culture, family values and traditions shape parenting
- About conflict and how it can affect children
- How to identify our triggers and learn strategies for reducing conflict
- Simple tools to manage stress and big emotions

Who can attend? All parents and adult caregivers in Enfield are welcome

How long is it? 13 weeks - one 3-hour group session each week

When? Fridays, 11 September – 11 December 2026 (except school holidays)

Time: 9:45am - 12:45pm

Where? Ponders End Family Hub, 141 South Street, EN3 4PX

Certificate Award Ceremony at the end
Professionals or parents can make a referral

How to book: [SFSC Stronger Relationships \(Group\) REFERRAL FORM – Fill in form](#) or call 020 8106 9996 or scan QR code



Contact Information: parentingprogrammes@enfield.gov.uk
www.enfieldparentingdirectory.co.uk



 Strengthening Families @ Carterhatch School – LAST DAY to join
Wednesday, 7 October 2026

strengthening families strengthening communities

Free Programme for mothers, fathers and adult caregivers

Join our inclusive 13-week evidence-based programme to build confidence, share ideas, and learn practical ways to support your child and enjoy family life.

What you will get from the programme

- Increased self-awareness: - an opportunity to learn more about yourself
- Ways to strengthen your relationship with your child
- Time to think about identity, culture and family traditions
- Simple, practical parenting ideas you can try at home
- A safe space to talk with other parents and caregivers
- Support to make parenting feel more positive and manageable

Who is it for? All parents and adult caregivers are welcome

How long? 13 weeks – one 3-hour group session weekly

When? Wednesdays, 16 September 2026 to 16 December 2026

What time? 9:45am – 12:45pm

Where? Carterhatch Infant School,
Carterhatch Lane, EN1 4JY

Light refreshments will be provided at each session

Certificate Award Ceremony at end

Professionals or parents can make a referral

How to Book? [Strengthening Families, Strengthening Communities \(group\) REFERRAL FORM](#) or call 02081 069996 or scan QR code



**YOUTH & FAMILY
HUB**
HELPING CHILDREN, YOUNG
PEOPLE AND FAMILIES THRIVE

Accredited by
**Race
Equality
Foundation**

Contact Information: parentingprogrammes@enfield.gov.uk
www.enfieldparentingdirectory.co.uk



BEING A PARENT COURSE



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES

FREE 8-week course for Mothers, Fathers and Other Caregivers of children aged 2–8 years

Connect. Learn. Grow.

Join a welcoming 8-session programme led by trained local parents for local parents.

> Why Join?

- Build confidence in your parenting
- **Opportunity to become a Trained Parent Group Leader**
- Understand your child's feelings and behaviour
- Explore positive discipline strategies
- Strengthen parent-child connection, listening and communication
- Find practical ways to manage stress
- Meet other parents in a safe, supportive space

> What will we explore?

Each week offers friendly discussion, no lectures, just real conversations, practical evidence-based activities and time to reflect on the topics that matter to you and your family

- Being a parent`
- Play and listening
- Understanding children's behaviour
- Listening and communication
- Feelings
- Valuing my child
- Discipline strategies

Certificate Award
Celebration on
completion

Free
refreshments will
be provided

> Course details:

Date: **Wednesday, 7 October 2026 - 9 December 2026**
(one 2-hour session weekly)

Time: 9:45am to 12 noon

Location: Ponders End Youth & Family Hub, 141 South Street,
EN3 4PX (Register before attending)

> Interested?

Click this link or scan QR code to register:

[EPEC - Being A Parent Course Referral Form \(Group\) – Fill in form](#)



Email: parentingprogrammes@enfield.gov.uk

<https://enfieldparentingdirectory.co.uk>





STAY AND PLAY FOR TURKISH SPEAKING FAMILIES

*For children aged 0-4 years

Address: The Craig Park
Youth and Family Hub
2 Lawrence Road,
Edmonton, London, N18
2HN

For more information and
reservations, please contact:

Özge: 07384692566

Zeynep: 07855129760

Play, Learn, Thrive



We are encouraging
confidence, curiosity,
and creativity in every
session



Join us for
exciting activities
that support
learning through
play



Enjoy music and
movement, Play,
create, and make
friends

Join us every Monday (except during half
term) from 10:00 AM to 12:00 PM
we can't wait to welcome you and your
little ones for a fun and friendly stay and
play session



TÜRKÇE KONUŞAN AİLELER İÇİN OYUN GRUBU

*0-4 yaş arası çocuklar için

Adres: The Craig Park
Youth and Family Hub
2 Lawrence Road,
Edmonton, London, N18
2HN

Daha fazla bilgi ve rezervasyon
için lütfen iletişime geçiniz:

Özge: 07384692566

Zeynep: 07855129760

Oyna, Öğren, Geliş



Her oyun grubu
seansında özgüveni,
merakı ve yaratıcılığı
geliştirmeyi hedefliyoruz



Oyun yoluyla
öğrenmeyi
destekleyen
eğlenceli
etkinliklerimize
katılın



Müzik ve hareketin
keyfini çıkarın,
oyunayın, yaratın ve
yeni arkadaşlar
edinin

Her Pazartesi (okul tatilleri hariç) saat
10:00 ile 12:00 arasında bize katılın. Sizleri
ve çocuklarınızı eğlenceli ve samimi bir
oyun grubu seansında ağırlamayı
sabırsızlıkla bekliyoruz



Online
Course

strengthening families strengthening communities

Want to get some new ideas to help
you be the best parent you can be?
Enhance your relationship with your children?
Learning at a time that suits you?



6 online
sessions



6 group
discussions



Certificate on
completion

What to expect...

- Information on strategies and child development.
- Hear from other parents.
- Worksheets and hand-outs.
- Videos, quizzes and fun activities.
- Do sessions at a time that works for you.
- Expert help from a real person each week.
- Choose a course that suits your child's age.

Topics covered...

- Healthy relationships.
- Understanding and managing behaviour.
- Enhancing children's self-esteem.
- Emotions and empathy.
- What to expect for the age of your child.
- Being part of a community.

Group discussion...

1. Speak to a course expert and get answers to any questions you might have.
2. Talk about how the strategies are going at home and how to adjust them for you.
3. Address other difficulties relating to parenting.
4. Hear from others about what works for them.



Find out more or register for the course by scanning the
QR code or emailing us at: sfscparent@racefound.org.uk



Click to see available groups: <https://strengthening-families.net/registration/>

New day, evening and targeted groups added regularly

Online
Course

Stronger Relationships

For parents and other adult carers living together or apart



- Do you want to get some new ideas to help you be an even better parent?
- Would you like to reduce the arguments and disagreements in your family and cope better with stress?
- Would you like to enhance your relationship with your current partner, or improve communication with your ex or the other people helping to raise your children?
- How about learning at a time that suits you?



6 online
sessions



6 group
discussions



Certificate on
completion

What to expect...

- Information on strategies to identify and reduce arguments.
- Hear from other parents and carers.
- Downloadable worksheets and hand-outs.
- Videos, quizzes and interactive activities.
- Do sessions at a time that works for you.
- Weekly support from our course experts.

Topics covered...

- Healthy adult relationships.
- Identifying and managing disagreements.
- Understanding how conflict affects your children.
- Enhancing parent-child relationships.
- Managing stress, anger and emotions.
- Strategies to resolve conflict and create a parenting agreement

Group discussion...

1. Speak to a course expert and get answers to some of the questions you might have
2. Talk about how the strategies are going at home.
3. Address other difficulties relating to your relationships.
4. Hear from others about what works for them.



To find out more scan
QR code or email:
sfscparent@racefound.org.uk



Click to see available groups: <https://strengthening-families.net/rpc-registration/>

New day, evening and targeted groups added regularly

SELF-GUIDED Online Learning – Different languages available

TOGETHERNESS

NHS

Understanding your child with additional needs

An online learning pathway to support emotional health and help you and your child thrive

- Understand more about childhood brain development
- Reflect on differences related to neurodivergence, disability or other additional considerations
- Find ideas for helping your child with emotional regulation
- Build confidence in reading behaviour
- Reflect on ways to look after your own wellbeing

togetherness.co.uk/enfield



Residents of **ENFIELD**

In paid partnership with:



For free access, use access code:
PYMMES

TOGETHERNESS

NHS

Help us shape our online learning offer

Now available on

WhatsApp

Understanding your child: from toddler to teenager, the popular online learning offer for parents by Togetherness is now available to follow on WhatsApp.

We would love to hear what you think so we can make sure we keep on improving our offer for parents.



Click link for Understanding Your Child: Toddler to Teens on WhatsApp

<https://wa.me/19282397906?text=To%20access%20the%20course%20click%20the%20send%20arrow>

Access Code: PYMMES

SELF-GUIDED Online Learning – Different languages available

Understanding Your Child in a Changing World



Overview

You may feel that some of the situations you face as a parent are completely new. Your child's world can feel very different from your own childhood. You are probably navigating changing personalities and developing friendships. Now they are growing up within a developing **online world**: social media, gaming, AI ... They may also be thinking about conflict, climate change and global uncertainty.

Understanding your child in a changing world looks at some of the issues that matter most to modern parents, such as:

- Understanding the world shaping your child
- Thinking about difficult topics safely
- Supporting connection and communication
- Feeling more confident with uncertainty

Topics covered include:

- The Changing World Social Media
- Gaming The role of Technology
- AI and robots Friendships
- Conflict Sex
- Our Planet War and Natural Disasters
- Forming and Sharing Opinions

You don't need all the answers. By building a strong relationship with your child, you are already giving them a strong foundation for wellbeing.

How to Book

This is part of a suite of e-learning available FREE to **Enfield residents** and can be accessed via the Parenting Directory

[Understanding Your Child in a Changing World \(Online\) - Enfield Parenting Directory](#) - Access code – PYMMES

Introductory Video link - [Understanding your child in a changing world](#) (Youtube)

Introductory video link - [Understanding your child in a changing world](#) (youtube)

SELF-GUIDED Online Learning – Different languages available

TOGETHERNESS

Understanding your relationships

An online learning journey for your emotional wellbeing.

- Learn about emotional health in relationships and how to care for your wellbeing
- Understand healthy relationship habits and how to communicate your feelings and needs effectively
- Find ideas for handling disagreements and fall-outs
- Gain insights about different communication styles and behaviours

togetherness.co.uk/enfield



Residents of **ENFIELD**

In paid partnership with:



For free access, use access code:
PYMMES

TOGETHERNESS

Advanced training courses

- **Understanding trauma:**
complexities of trauma; recognising, processing and recovery
- **Understanding brain development:**
brain development from antenatal to adolescence and its significance for mental health and emotional wellbeing in children and teenagers
- **Understanding attachment:**
supporting healthy attachment and the value of containment and reciprocity for the quality of attachment

Each course will take approximately 3.75 hours to complete.



For professionals working in **ENFIELD**

In paid partnership with:



For free access, use access code:
PYMMES_PRF

ALL these and **MORE** can be found in Enfield Parenting Directory - <https://enfieldparentingdirectory.co.uk>

SUPPORTING PARENTS AND CARERS IN ENFIELD

Enfield Parenting Directory

Our Directory has a range of evidence-based parenting resources to support parents & carers through their parenting journey

- Accessible and easy to use
- Available in different languages
- Direct links to Enfield Start for Life, Local Offer, Informed Families, My Life, EarlyHelp4All directory



Start for Life
0-2 years



Early Years
1-5 years



Primary Years
4-11 years



Tweens & Teens
10-18 years





For more information visit www.enfieldparentingdirectory.co.uk



If you have any query, please email: parentingprogrammes@enfield.gov.uk