

Programme for Parents/Carers

Strengthening Families, Strengthening Communities (SFSC)

is a 13-week inclusive evidence-based parenting programme for all parents and carers of children aged 0-18.

The programme will help parents/carers think about how their experiences, culture, upbringing, and family background have influenced their parenting style.

It will also help parents/carers answer some important parenting questions, such as:

- How do I build a better relationship with my child?
- How can I motivate my child to try their best at school?
- How do I encourage my teenager to make better decisions?
- How do I put boundaries in place with my child?
- How do I connect with the wider communities and services in my area?

Who is it for? All parents/carers of any ethnic and faith background

How long? 13 weeks - each week you attend a 3-hour session in person

When? Wednesdays, 17 Sept - 17 Dec 2025
Fridays, 19 Sept- 19 Dec 2025

What time? 9:30am - 12:30pm @Keys Meadow
9:45am - 12:45pm @Ponders End

Where? Keys Meadow Primary School, 84 Tysoe Avenue, EN3 6FB (Wed)

Ponders End Youth & Family Hub (RPC), 141 South Street, EN3 4PX (Fri)

Certificate Award Ceremony at end

How to Book? [Strengthening Families, Strengthening Communities Programme](#) or scan QR code



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