

## **PROGRAMMES FOR PARENTS/CARERS in ENFIELD**

### **January-February 2026**

**1) Circle of Security Programme:** for parents/carers of children aged 4 months – 5 years; Group starting **Friday, 16 January 2026 at 10:30am**;

Book here: [The Circle of Security Parenting - Enfield Parenting Directory](#)

**2) EPEC Being A Parent:** Delivered by parents for parents of children aged 2 – 4 years; Group Starting **Wednesday, 21 January 2026 at 9:30am**

Book here: 07356320406 or email [Katrina.Bray@enfield.gov.uk](mailto:Katrina.Bray@enfield.gov.uk)

**3) Strengthening Families, Strengthening Communities in TURKISH:** for Turkish Speaking parents/carers; Group starting Thursdays, **22 January 2026 at 9:30am**

Book here: 02079237226 or 07792202108; Email: [s.kotan@minikkardes.org.uk](mailto:s.kotan@minikkardes.org.uk)

**4) Strengthening Families, Strengthening Communities:** for ALL parents & carers; Group starting **Fridays, 6 February at 9:45am**

Book here: [Strengthening Families Strengthening Communities \(SFSC\) - Enfield Parenting Directory](#)

**5) Triple P (Baby):** for expectant parents & parents of a child under 1 year old; Group starting **Monday, 23 February at 12:30pm**

Book here: [Triple P For Baby - Enfield Parenting Directory](#)

**6) Strengthening Families Strengthening Communities,** 6-week online facilitated sessions – all parents/carers;

#### **Available options:**

- Group starting **Wednesday 14/01/2026, 1:00pm**
- Group starting **Tuesday 20/01/2026, 1:00pm**
- Group starting **Wednesday 28/01/2026, 11:30am**
- Group starting **Wednesday 04/02/2026, 6:00pm**
- Group starting **Thursday 12/02/2026, 7:30pm**

Book here: [Registration – Strengthening Families, Strengthening Communities](#)

**7) Stronger Relationships**, for parents & other adult carers living together or apart; 6-week online facilitated sessions;

**Available options:**

- Stronger Relationships (**Arabic Speakers Only**) group starting **Friday 09/01/2026, 1:00pm**
- Stronger Relationships (**Arabic Speakers Only**) group starting **Friday 23/01/2026, 11:00am**
- Stronger Relationships (**Parents of Neurodivergent Children Only**) group starting **Thursday 05/02/2026, 6:00pm**
- Stronger Relationships (**Parents of Neurodivergent Children Only**) group starting **Monday 26/01/2026, 7:30pm**
- Stronger Relationships group starting **Monday 26/01/2026, 6:00pm**
- Stronger Relationships group starting **Tuesday 17/02/2026, 6:00pm**

Book here: [Stronger Relationships Programme Registration – Strengthening Families, Strengthening Communities](#)

Enfield also provides a range of **self-guided** learning resources on brain development, emotional wellbeing and parenting for healthier relationships **FREE** for **ALL** Enfield residents;

Click here for details: [Enfield | Togetherness - Togetherness](#)

All these and more are included in Enfield Parenting Directory at  
[Home - Enfield Parenting Directory](#)

Should you have any query, please email [parentingprogrammes@enfield.gov.uk](mailto:parentingprogrammes@enfield.gov.uk)



# The Circle of Security Parenting

**At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you.**

Circle of Security Parenting is an 8-week evidence-based, relationship-focused programme. It is a reflective programme that helps caregivers focus on the quality of the relationship with their child, not just their behaviours. Participants attend a 2-hour group session once per week for 8 weeks.

## Aims of the Programme:

- Help parents/Caregivers understand & respond sensitively to their children's needs
- Increase parents/Caregivers' reflective & empathic responses
- Enhance parent-child relationship
- Improve young children's developing self-esteem
- Support parents/Caregivers to be confident

**Who is it for?** Parents/Caregivers of children ages 4 months to 5 years old

**When?**

Fridays, 16-Jan to 13-Mar-2026

**Where?**

Ponders End Youth & Family Hub, 141 South Street, EN3 4PX

**Time?**

10:30 - 12:30pm

**How to book?** [Circle of Security Referral](#)

**Or Scan QR Code**



Contact Information: [parentingprogrammes@enfield.gov.uk](mailto:parentingprogrammes@enfield.gov.uk)

[www.enfieldparentingdirectory.co.uk](http://www.enfieldparentingdirectory.co.uk)



# Being a parent



**A free 8 week programme run by parents, for families with children 2-4 years old.**

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**Learn how to get the most out of family life through exploring a variety of topics such as, being a good enough parent, understanding your child, discipline strategies, coping with stress and listening and communication.**



**Date:** 21/01/2026 until 18/03/2026  
(no session on 18/02/2026)

**Time:** 9.30am until 12.30pm

**Location:** Eldon Family Hub, St Peter's Road, Edmonton, London, N9 8JP

**For more information or to book on please contact:**

**Katrina Bray**

Family Support Worker

07356320406

[Katrina.Bray@enfield.gov.uk](mailto:Katrina.Bray@enfield.gov.uk)



EMPOWERING  
PARENTS  
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COMMUNITIES

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

**ENFIELD**  
Council

## 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

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

**When?** Fridays, 6 Feb – 22 May 2026  
(except 20 Feb, 3 & 10 April)

**What time?** 9:45am – 12:45pm

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

### **Certificate Award Ceremony at end**

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



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[www.enfield.gov.uk](http://www.enfield.gov.uk)

# Small changes, big differences.



## Triple P for Baby – A positive start for babies and parents

Aims to prepare parents-to-be and parents with a baby up to 12 months old make a positive transition to parenthood. It promotes sensitive and responsive care before and after birth, up to baby's first birthday.

Delivered in groups, parents will learn ways to cope with frequent crying, set up good sleep habits, read baby's cues, look after themselves, adapt to changes in family life, and more.

### Topics covered includes:

**Session 1: Positive parenting**

**Session 4: Partner support**

**Session 2: Responding to your baby**

**Sessions 5-7: Implementing parenting routines**

**Session 3: Survival skills**

**Session 8: Ways to maintain changes**

### WHEN?

**Mondays, 23 February – 11 May 2026 at 12:30pm-2:30pm;**

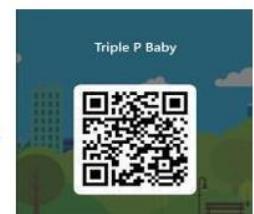
**(except 30 Mar & 6 April)**

### WHERE?

**Craig Park Youth & Family Hub, 2 Lawrence Road, London N18 2HN**

### HOW TO BOOK ONLINE? [Triple P Baby Referral](#)

**CONTACT INFORMATION:** [ParentingProgrammes@enfield.gov.uk](mailto:ParentingProgrammes@enfield.gov.uk)



[Parenting Directory | Enfield Council](#)



# 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.



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](mailto:sfscparent@racefound.org.uk)

