

As we move into the final weeks of term, we're pleased to share that new online-facilitated groups will be available throughout July and August 2026, FREE.

Please help us make sure parents and carers know this support is here for them over the summer holidays.



**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...**

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



**ENFIELD** Council 

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

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

Strengthening Families Online available group options:

- **Group discussions (For Kinship and Non-Biological Carers Only) starting Thursday 01/07/2026, 1:30pm**
- **Group discussions starting Wednesday 01/07/2026, 10:00am**
- **Group discussions starting Thursday 23/07/2026, 10:00am**
- **Group discussions starting Monday 27/07/2026, 1:00pm**

**Dates are removed once groups are full, with new daytime, evening and holiday sessions 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.

ENFIELD  
Council

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QR code or email:  
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YOUTH & FAMILY  
**HUB**  
HELPING CHILDREN, YOUNG  
PEOPLE AND FAMILIES THRIVE

**Stronger Relationships** available group options:

- **(Online Safety) starting Monday 29/06/2026, 10:00am**
- **starting Tuesday 30/06/2026, 11:30am**
- **starting Monday 06/07/2026, 7:30pm**
- **starting Wednesday 01/07/2026, 11:30am**
- **starting Tuesday 07/07/2026, 1:00pm**
- **starting Wednesday 29/07/2026, 1:00pm**
- **starting Thursday 16/07/2026, 7:30pm**
- **starting Friday 24/07/2026, 1:00pm**

**Click here to book:** [Stronger Relationships Programme Registration – Strengthening Families, Strengthening Communities](#)

**Dates are removed once groups are full, with new daytime, evening and holiday sessions added regularly.**

Online  
Course

# Stronger Relationships



strengthening  
families  
strengthening  
communities

For parents and other adult carers living together or apart, with an **online safety** focus. Group starting on Monday 29 June at 10:00am

- Do you want to get some new ideas to help you be an even better parent?
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Online  
Course

# Stronger Relationships



For parents and other adult carers living together or apart.

**Group starting on Tuesday 30 June at 11:30am**

- Do you want to get some new ideas to help you be an even better parent?
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Online  
Course

# Stronger Relationships



For parents and other adult carers living together or apart.  
**Group starting on Wednesday 1 July at 11:30am**

- Do you want to get some new ideas to help you be an even better parent?
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Online  
Course

# Stronger Relationships



For parents and other adult carers living together or apart.

**Group starting on Monday 6 July at 7:30pm**

- Do you want to get some new ideas to help you be an even better parent?
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Online  
Course

# Stronger Relationships



For parents and other adult carers living together or apart.

**Group starting on Tuesday 7 July at 1:00pm**

- Do you want to get some new ideas to help you be an even better parent?
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**Self-guided** online learning resources for parents, carers and grandparents in different languages

**TOGETHERNESS** **NHS**

## Understanding your child: from toddler to teenager

**Online learning to support emotional health and make a difference for children and families**

- Understand more about child behaviour and the big feelings
- Find ideas for connecting, talking and problem solving together
- Help your child thrive through strong, connected relationships
- Build your confidence in parenting

[togetherness.co.uk/enfield](https://togetherness.co.uk/enfield)

Residents of **ENFIELD**

In paid partnership with:



For free access, use access code:

**PYMMES**

**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

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# TOGETHERNESS



## Understanding your teenager's brain

Online learning proven to make a difference for young people's self-esteem and emotional health

- Learn about the impact of adolescent brain development
- Find ideas for connecting, talking and problem solving together
- Build confidence in having conversations that care for mental wellbeing

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# 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

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



In-person groups resume September 2026

Email feedback/query to [parentingprogrammes@enfield.gov.uk](mailto:parentingprogrammes@enfield.gov.uk)