

# Strengthening Families, Strengthening Communities (SFSC)

SFSC supports parents to strengthen their parenting skills and enhance relationships with their children. The programme considers ways to build stronger community connections and promote children's safety and wellbeing. It addresses issues relating to community violence (including drugs, guns, and knife crime). Parents also learn techniques to teach key rites of passage that can be adapted according to children's developmental stages.

Parents are encouraged to maintain and incorporate their own traditional customs and positive values from their individual ethnic, spiritual and cultural backgrounds.

Parents may be offered a weekly call-in between sessions to help put ideas into practice.

Delivery includes group discussion, group activities, speakers and 'have a go' tasks to try at home.

- **Length of programme:** 13 weeks. Each session is 3 hours (term time only).

## WHO SHOULD ATTEND?

This group is for parents of children aged 3- 18 years. Parents can join up to session three.

## TOPICS COVERED

- Understanding children's development
- Valuing family and cultural traditions
- Handling stress and anger
- Building positive family relationships
- 10 steps to positive discipline
- Community involvement

- Employment and training support
- Community Violence

## **WHERE AND WHEN ARE THE GROUPS DELIVERED?**

The venue is Bruce Grove Youth Space

Start date: Monday 31<sup>st</sup> October 2022

Time: 10:am – 1pm

## **HOW DO I GET ONTO THIS GROUP?**

Parents can self-refer to this programme.

## **HOW DO I APPLY?**

Parents or referrers can contact the programme facilitators below for tailored advice to confirm if this is the most appropriate programme for a family.

## **Who to contact?**

**E-mail** [Parentingprogramme@Haringey.gov.uk](mailto:Parentingprogramme@Haringey.gov.uk)

## **Other Details**

### **Who is this service for?**

Parents of children aged 3- 18 years

### **Can I refer myself?**

Referral not required please email: [Parentingprogramme@Haringey.gov.uk](mailto:Parentingprogramme@Haringey.gov.uk)

### **Referral Details**

Parents can self-refer