FREE online facilitated courses for parents & other adult Caregivers living in Enfield.

Current available options:

- **Strengthening Families Online -**
  Registration – Strengthening Families, Strengthening Communities

  - **starting Thursday 12/11/2026, 10:00am**
  - **starting Wednesday 18/11/2026, 6:00pm**





- **Stronger Relationships Online-facilitated** – [Stronger Relationships Programme Registration – Strengthening Families, Strengthening Communities]
  (various day & evening groups available);

Current available options:

- **starting Tuesday 10/11/2026, 6:00pm**
- **starting Thursday 12/11/2026, 11:30am**
- **starting Monday 16/11/2026, 6:30pm**
- **starting Thursday 19/11/2026, 1:00pm**
- **starting Thursday 19/11/2026, 7:30pm**
- **starting Tuesday 24/11/2026, 7:30pm**
- **starting Wednesday 02/12/2026, 12:00pm**
- **starting Friday 04/12/2026, 12:00pm**





- **Togetherness – Understanding Your Child: Toddler to Teenager -**

  Pathways library - Togetherness;
  (a suite of various evidence-based parenting learning resources) - self-guided at own pace in different languages;

  Access Code: PYMMES

Antenatal

6 months to 19+ years



Understanding your child: from toddler to teenager
13 Stages
English | Voiceover | Certificate available
Learn more



Understanding your child with additional needs
14 Stages
English | Voiceover | Certificate available
Learn more



Understanding your child's feelings (a taster pathway)
7 Stages
English | Voiceover | Certificate available
Learn more



Understanding your child's mental health and wellbeing
2 Stages
English | Voiceover
Learn more



Understanding the impact of the pandemic on your child
5 Stages
English
Learn more



Understanding your child in a changing world
12 Stages
English | Voiceover | Certificate available
Learn more



Understanding your deaf child for hearing parents
4 Stages
English | Voiceover | Certificate available
Learn more

Adults



Understanding your relationships

11 Stages

English | Voiceover | Certificate available

Learn more



Understanding your own trauma

11 Stages

English | Voiceover | Certificate available

Learn more

Courses for Professionals

Advanced



Understanding trauma

13 Modules

English | Voiceover | Certificate available

Learn more



Understanding attachment

10 Modules

English | Voiceover | Certificate available

Learn more



Understanding brain development

16 Modules

English | Voiceover | Certificate available

Learn more

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

THESE and MORE are available in Enfield Parenting Directory

