Online Course

strengthening families strengthening communities

For parents and other adult carers; **group for *Fathers & Male Caregivers only* starting on Wednesday 21 October at 7:30pm**

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.

ENFIELD Council

Find out more or register for the course by scanning the QR code or emailing us at: **sfscparent@racefound.org.uk**

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