Programme details

Race Equality Foundation

strengthening families strengthening communities

A free inclusive course to help parents and carers raise happy confident children **all ages from babies to teens**

strengthening families
strengthening communities

About the programme

This is a popular parenting programme for anyone raising children. We welcome parents and carers from all backgrounds who would like to work on their parenting skills and build positive relationships with their children.

We can help you to recognise and respond to the challenges of being a parent and the risks and concerns facing our children. Whether you want to help your child do well at school, deal with bullying, avoid online grooming or getting in with the 'wrong crowd', or just feel more confident: SFSC can provide you with strategies to help you feel equipped as a parent and help you to keep your children safe.

I found it very supportive being part of a group and sharing ideas with other parents.

I spend more time with my mum and we communicate better

I loved the programme and will ask my friends and relatives to go as well.

SFSC runs for three hours a week for 12 weeks. Some groups provide free childcare and refreshments. There is also an introductory session where you can find out more. Just come along, bring a friend or partner if you prefer, and see if it's for you!

I feel calmer about dealing with my children on a day-to-day basis. I don't get angry as quickly.

The course will help you to

- **Build** positive family relationships
- **Manage** anger and stress
- **Implement** effective discipline strategies
- **Gain** confidence and communication skills
- **Understand** your child's development
- **Recognise** and value your family and cultural traditions
- **Meet** others and share ideas

All groups end with a celebration.

You will receive a certificate and a parent manual.