

Programme details



Location: Tokko Youth Space, 7 Gordon Street, Luton, LU1 2QP

Start date: Every Wednesday starting **14th April 2021**
9.30am to 12.30pm

(The course runs for 13 sessions and you must try to attend each weekly session for the duration of the course. The course will not run in school holidays or on Wed 2nd June and should finish on Wed 14th July 2021)

Facilities: Limited refreshments available and participants are also welcome to bring their own.

Social distancing will be maintained throughout the course. Every parent will receive individual packs with paperwork, pens etc on arrival to reduce sharing and ensure everyone's safety during the session. We are not able to provide a crèche for this course. Further details will be provided once your place is confirmed.

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strengthening
families
strengthening
communities

Are you a parent with children aged 3-16?

Do you want to **help shape services** for the future?

Come and be part of a study to **promote family wellbeing!**



We are asking parents to complete **four** questionnaires over the course of a year and you will get **£40 of vouchers** if you complete them all.

You will take part in a **free** 13 week programme for parents, which is designed to help parents build positive relationships with their children.



About the programme

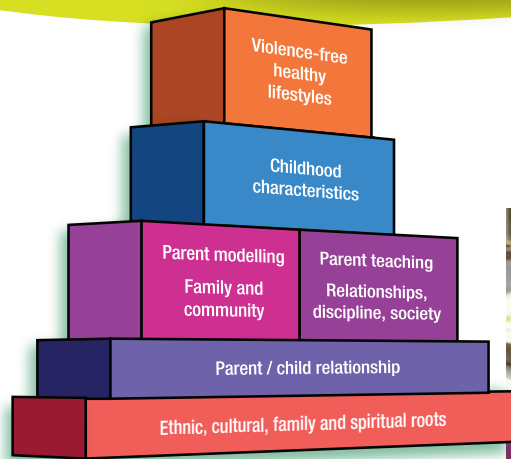
Strengthening Families Strengthening Communities (SFSC) is a free inclusive course to help parents and carers raise happy confident children, from ages 3-16 years.

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

SFSC runs for 3 hours a week for 13 weeks. Some groups provide free childcare and refreshments

All groups end with a celebration and you will receive a certificate and a parent manual.

strengthening families strengthening communities



“Children don’t come with a manual, this is the next best thing”

“Take part in the study and make a difference to future families.”

The course aims to help you

- 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

Attention Chart

Who (Child's name): Patricia

What (Describe what you want to see or hear - occurs once each day): Make your bed

When (Give a 15 minute reminder): Before school

Why (Give the reason you are charting this behaviour): Help family and take on more responsibility

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	●	●	●	★	●		
Week 2	★	★	★	★	★		
Week 3	★	★	★	★	★		
Week 4	★	●	★	★	★		

“This research is long overdue! No matter how good a parent you think you are, you certainly can be a better one after the programme.”

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