

Family Early Help Parenting Service

Strengthening Families, Strengthening Communities (SFSC) Parenting Group

Strengthening Families, Strengthening Communities (SFSC) is an inclusive programme designed to help and support parents with the challenges they face in raising happy and successful children.

What will I gain by taking part?

By taking part in SFSC, you will:

- Meet other parents
- Receive information and strategies for bringing up your children
- Get help to ensure your voice is heard

Who will be there?

- SFSC is a group-based programme, and you will usually take part alongside 6 – 12 other parents.
- The programme will run by two 'facilitators', who have undergone extensive training to ensure that everyone gets the most out of the programme.

What will the programme provide?

- A safe space to share your views and be listened to
- An opportunity to get information and ideas to help with decisions about bringing up your children
- New skills, and support in developing your confidence
- Connections with the wider communities and services in your area.

How long is the course?

- The course will last for 8 weeks and each session will be 2 hours.
- All sessions will be virtual (online)

What will SFSC give me?

SFSC will help you to answer these important parenting questions:

- How can I motivate my child to try their best at school?
- How do I build a better relationship with my child?
- How do I stop my teenager getting involved in drinking, drugs, antisocial behaviour or truanting?
- How do I encourage my partner to participate in my child's life?
- How do I put boundaries in place with my child?
- What youth and parent services are available in my community?

Who is SFSC for?

SFSC is for all parents. The programme is run with parents from a variety of backgrounds, including:

- Mums and dads, grandparents, foster carers, and teenage parents
- Parents from ethnic minority communities, faiths and backgrounds
- Parents who speak different languages
- Parents with disabilities or learning difficulties
- Individuals with very different qualifications and jobs
- People like you!

What do I have to do?

- Get involved! Although the facilitators will give information and techniques to help you, SFSC works best when everyone takes part fully.
- Each week, you will be given activities to do at home. Previous attendees have found that if you do these, you will get more out of the programme.

When will the groups be held?

Start date: September 19th to 16th December 2022.

Monday Morning at Ann Bernardt Children and Family Centre.

Tuesday morning Spanish Group – online.

Tuesday morning - on-line

Wednesday morning at Ann Bernardt Children and Family Centre Morning

Thursday Evening online.

For information on making a referral, please go to the Family Early Help webpage:

<https://www.southwark.gov.uk/childcare-and-parenting/children-s-social-care/family-early-help-feh>