## Strengthening Families, Strengthening Communities Parenting Programme



## What will you learn?

- A range of strategies that you can use to communicate better with your children, such as how to enhance relationships, positive discipline and managing conflict.
- Ways to strengthen your family, build upon what you are already doing and give you information to help develop your parenting skills
- Ways to support your children during times of change

## When and where?

For 13 weeks starting Thursday 15<sup>th</sup> Sept 2016
12:30pm – 3:00pm
with a Cuppa and Chat session
Followed by weekly sessions up to 15<sup>th</sup> Dec 2016
12:30pm – 3:00pm
Alford Children's Centre
Farlesthorpe Road
LN13 9PS

To book a place on this course or for further information call 01526 343858 and speak to Mandy or Donna

