

## Programme details

**Where** COVO Centre, 12b Asylum Road,  
Peckham, SE15 2RL

**When** Thursday 14th September 2017 for 13 weeks

**Time** 10am - 1pm

**Facilities provided** Lunch and crèche provided.  
Please contact Charmaine to book a crèche place

**Contact** Call Charmaine on 0207 428 1880 or 07701 048 479  
Email: [charmaine@racefound.org.uk](mailto:charmaine@racefound.org.uk)  
or register online here  
<http://bit.ly/SFSC-RISE>



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



strengthening  
**families**  
strengthening  
**communities**



PROVIDING SEXUAL HEALTH PROMOTION SERVICES  
ACROSS LAMBETH, SOUTHWARK & LEWISHAM



**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.

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

*I feel more confident talking to my children about subjects like sex and relationships*

*I spend more time with my mum and we communicate better*

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.

