



strengthening families strengthening communities

13 Week Parenting Programme

A weekly facilitated Parenting Programme

Strengthening Families, Strengthening Communities (SFSC) is a parenting programme designed to support you to raise happy and successful children by getting access to information and strategies for bringing up your children, meeting other parents, and making sure your voice is heard.

SFSC is a 13 week parenting support group, open to all parents, the aim of the course is to achieve a healthy, violence free lifestyle for you and your family, giving you tools to change the way you parent and enabling you to give your children clear boundaries, consequences and life skills and learning along the way how to:

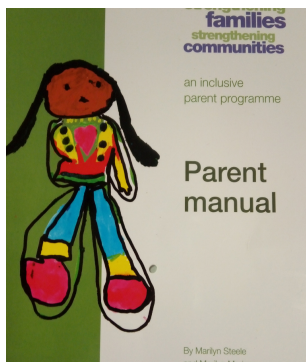
- Understand your own behaviour
- Build your confidence as a parent
- How to influence your children's behaviour
- Improve your relationships and communication with them

Wellspring Healthy Living Centre
Beam St, Barton Hill,
Bristol, BS5 9QY

Starts Tuesday 9th November 2021
12.30am - 3pm

Limited Creche Places

A colorful logo for "FAMILY" where each letter is a different color and has a small white flower with a yellow center on it. The letters are F (red), A (green), M (purple), I (pink), L (yellow), and Y (blue).



How do i access the programme?

You can book a place on the programme or get more information by contacting **Sally on 0117 9556971 ext 161**

Funded by



Further information:

Sally Williams | sally.williams@wsb.org.uk | 0117 9556971

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