



# Strengthening Families Strengthening Communities

Free parenting course in Haringey  
September to December 2022

Markfield is running a free 13-week parenting support programme

Our *Strengthening Families Strengthening Communities* course is delivered by qualified trainers and is accredited by the Race Equality Foundation. The course includes:

- Understanding communication and how to improve this
- Introducing a ladder system of behaviour management strategies
- Reflecting on the challenges of being a parent and on our own family values
- What it means to be a community and celebrate cultural diversity

Each session includes a free lunch and a free crèche is provided.

**Dates:** Wed 14<sup>th</sup> September to Wed 14<sup>th</sup> December 2022

**Times:** 9.45am to 2.00pm once per week

**Where:** Markfield Community Centre, Tottenham, N15 4RB

**Introductory session: Wednesday 14<sup>th</sup> September 2022.**

September	Introduction : Wed 14 <sup>th</sup>		Wed 21 <sup>st</sup>	Wed 28 <sup>th</sup>	
October	Wed 5 <sup>th</sup>	Wed 12 <sup>th</sup>	Wed 19 <sup>th</sup>		Half term break
November	Wed 2 <sup>nd</sup>	Wed 9 <sup>th</sup>	Wed 16 <sup>th</sup>	Wed 23 <sup>rd</sup>	Wed 30 <sup>th</sup>
December	Wed 7 <sup>th</sup>	Wed 14 <sup>th</sup>			

## Places are free

To participate you need to commit to attending all of the 13 sessions in the course – see all dates above.

## To book a place:

or to find out more information  
call Markfield on 0203 667 5233

(leave a message with your name and number)

or

email: [familyadmin@markfield.org.uk](mailto:familyadmin@markfield.org.uk)

