



Strengthening Families Strengthening Communities

Free parenting course in Haringey
January to March 2023

Markfield is running a free parenting support programme

Our **Strengthening Families Strengthening Communities** 12-week course is delivered by qualified trainers, and is accredited by the Race Equalities Foundation. The course offers parents a safe space to be listened to, meet others from different communities & cultural backgrounds, and provides help to:

- build a stronger relationship with your children, and learn practical strategies to put effective boundaries in place
- get information and ideas to help you make decisions about bringing up your children
- find out about support services for families in the Haringey area.

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

Dates: Wednesday 4th January to Wednesday 29th March 2023

Times: 9.45am to 2.00pm, once a week for 12 weeks

Where: Markfield Community Centre, Tottenham, N15 4RB – see map below

Introductory session: Wednesday 4th January 2023

January	Introduction : Wed 4 th		Wed 11 th	Wed 18 th	Wed 25 th
February	Wed 1 st	Wed 8 th	Half term break		Wed 22 nd
March	Wed 1 st	Wed 8 th	Wed 15 th	Wed 22 nd	Wed 29 th

Places are free

To get a place on the course you must commit to attending all of the sessions (12 weeks) – see all dates above.

To book a place:

or to find out more about the course

call **Markfield on 0203 667 5233**

(leave a message with your name and number)

or **email: familyadmin@markfield.org.uk**

