



# Strengthening Families Strengthening Communities

## Free parenting course in Haringey

January to April 2025

### 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 8<sup>th</sup> Jan to Wednesday 2<sup>nd</sup> April  
**Times:** 10.00am to 2.00pm, once a week for 12 weeks  
**Where:** Markfield Community Centre, Tottenham, N15 4RB – see map below

#### Introductory session: Wednesday 8<sup>th</sup> January 2025

Jan	Wed 8 <sup>th</sup> Jan	Wed 15 <sup>th</sup> Jan	Wed 22 <sup>nd</sup> Jan	Wed 29 <sup>th</sup> Jan
Feb	Wed 5 <sup>th</sup> Feb	Wed 12 <sup>th</sup> Feb	Wed 19 <sup>th</sup> No Session Half Term	Wed 26 <sup>th</sup> Feb
March	Wed 5 <sup>th</sup> March	Wed 12 <sup>th</sup> March	Wed 19 <sup>th</sup> March	Wed 26 <sup>th</sup> March
July	Wed 2 <sup>nd</sup> April			

#### Places are free

To get a place on the course you must commit to attending all 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 5228  
 (leave a message with your name and number)  
 or email: [rcourtney@markfield.org.uk](mailto:rcourtney@markfield.org.uk)

