



**Early Help** 

## Strengthening Families, **Strengthening Communities** (SFSC)

This is a 12-week Programme.

For parents of children and young people aged 5 -19. Purpose of the Group

This programme assists parents/carers to reflect on and support their children to develop strong ethnic, cultural, family, and spiritual roots. A positive parentchild relationship, and the life skills necessary for functioning within today's society. Anger management and positive discipline approaches are integrated to enhance parents' ability to model and teach as a vehicle for fostering high self-esteem, self-discipline, and social competence.

Date: 10<sup>th</sup> September 2024 – 3rd December 2024 No session during Half term Holiday Time: 11:15am-1:15am **Venue: EARLY HELP South Hub** The Hyde Children Centre **Hyde Cresent** 

Crèche is available.

**NW9 7EY** 

All referrals for the SFSC group can be made through the Universal Plus form or Email South Hub directly. ChildAndFamilyHub-south@Barnet.gov.uk

If you would like to find out more information about this group, please contact:

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Holiday Activities and Food (HAF) Programme





