

veikommen  
welcome  
willkommen  
bienvenue  
benvenuto  
boas-vindas  
welkom  
powitanie  
vitejte  
tervetuloa  
bienvenida



**Barnet**  
A Sure Start Children's Centre

**Child and Family  
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 parent-child relationship, and the life skills necessary for functioning in 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: 22<sup>nd</sup> February 2024 – 23<sup>rd</sup> May 2024**

**No session during Easter Holiday**

**Time: 09:30 – 13:30**

**Venue: EARLY HELP WEST Barnet & Southgate College**

All referrals for the SFSC group can be made through the Universal Plus form or email west

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



Holiday  
Activities and  
Food (HAF)  
Programme

Caring for people, our places and the planet



[www.barnet.gov.uk/directories/childrens-centres](http://www.barnet.gov.uk/directories/childrens-centres)  
[www.barnet.gov.uk/earlyhelp](http://www.barnet.gov.uk/earlyhelp)

