



Barnet
A Sure Start Children's Centre

**Child and Family
Early Help**

Strengthening Families, Strengthening Communities (SFSC)

13 - week Programme

For parents of children and young people aged 8-19
years

Our aim is to assist 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.

Starting: **Thursday 16th January 2025**

Last session: **17th April 2025**
No session during Easter Holiday

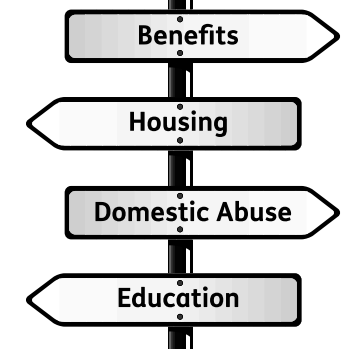
Time: **09:30 – 12.30**

Venue: **Underhill School and Children's Centre, EN5 2LZ**

For further information please contact 0-19 Practitioners:

Aleksandra Szymczyk – 07729075037
Ngudi Ngudiankama -07834805383
Amy Dorman - 07729074844

Referrals can be completed via the Universal Plus form on our website at www.barnet.gov.uk/0-19



Caring for people, our places and the planet



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Childrens
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www.barnet.gov.uk/directories/childrens-centres
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