

Strengthening Families



A **FREE** course for families Online via ZOOM

Mums, dads and carers participate together with **one** of their children who must be **aged 10–14 years**

Get some helpful tips to strengthen your relationship with your child!



Explore subjects together such as:

- Setting loving limits
- Making house rules
- Encouraging positive behaviour
- Using consequences
- Building bridges
- Communicating when you don't agree

Course materials and snacks will be sent to your home!

An 8 week course starting on 25th January 2023

Wednesdays 6.30 – 8.30pm on Zoom

25th Jan and 1st, 8th, 22nd Feb and 1st, 8th, 15th & 22nd March

Book a place on the course by emailing us on info@sftrust.org.uk