

Are you a parent/carers in Waltham Forest? Is your child aged 3-18?

# Strengthening Families, Strengthening Communities Workshops



Leyton Children and  
Family Centre  
215 Queens Road  
E17 8PJ

6pm-  
8pm

Refreshments provided

Explore safeguarding and risks

Explore fundamentals to relationship building with your child

Explore the benefits of positive discipline methods

Gain and build parenting confidence

Build a support network and meet other parents to create new friendships

Workshop One: 9<sup>th</sup> March 2023 - To enable parents to think reflectively about their own experience of being parents and how this impacts their current parenting choices

Workshop Two: 16<sup>th</sup> March 2023 - To help parents positively connect to their children and understand the benefits of developing close warm relationships as a protective factor in parenting.

Workshop Three: 23<sup>rd</sup> March 2023 - To help parents gain the confidence to use positive discipline methods and understand their role and responsibility in providing children with a process of discipline consistent with protective factors to increase positive outcomes.

Workshop Four: 30<sup>th</sup> March 2023 - To help parents understand their role and responsibilities to support children in and through various stages of transition from childhood to adulthood.

*Workshops are free and inclusive.  
Sessions are interactive. You can  
choose to attend select  
workshops, or all!*



Please email [earlyhelpparenting@walthamforest.gov.uk](mailto:earlyhelpparenting@walthamforest.gov.uk) for more information and to book or call 0208 496 2442

Bring along a friend if you'd prefer!