

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

Strengthening Families, Strengthening Communities Workshops

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



6pm-8pm

Workshop One: 9th March 2023

Workshop Two: 16th March 2023

Workshop Three: 23rd March 2023

Workshop Four: 30th March 2023

Leyton Children and Family
Centre
215 Queens Road
E17 8PJ



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

Support children through various stages of transition from childhood
to adulthood

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

Please email earlyhelpparenting@walthamforest.gov.uk for more information and to book
or call 0208 496 2442

Bring along a friend if you'd prefer!