



Strengthening Families

Strengthening Communities

A free inclusive course to help parents and carers to raise healthy and happy babies and young children

The course will help you to:

- **Build positive family relationships**
- **Manage anger and stress**
- **Implement effective discipline strategies**
- **Gain confidence and communication skills**
- **Understand your child's development**
- **Recognise and value your family and cultural traditions**
- **Meet others and share ideas**

To book a place, please contact:

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FREE

Location: The New North Academy, 32 Popham Road, N1 8SJ

Date: Tuesday 22nd April – 15th July 2025

Time: 9.30am-12.30pm

