

Strengthening Families, Strengthening Communities parenting programme in Bengali.

Learn to develop strong, healthy relationships with your children and gain simple, practical strategies to manage children's behaviour in a positive way.

Venue:	John Smith Family Hub
Date:	Monday 13th, 20th, 27th January 3rd 10th 24th February 3rd, 10th and 17th March.
Time:	Time: 10am- 12.30pm
How to refer:	Please contact parenting team parenting@towerhamlets.gov.uk to book your place. Alternatively speak to staff at the Children & Family Centre
During the course you will:	<ul style="list-style-type: none"> • The process of discipline for positive parenting • Enhancing parent-child relationships • The benefits of praise • Managing conflict situations
It is advised that parents attend all sessions to get the most benefit from the course.	

