strengthening families strengthening communities

Free Programme for mothers, fathers and adult caregivers

Join our inclusive 13-week evidence-based programme to build confidence, share ideas, and learn practical ways to support your child and enjoy family life.

What you will get from the programme

- Increased self-awareness: - an opportunity to learn more about yourself
- Ways to strengthen your relationship with your child
- Time to think about identity, culture and family traditions
- Simple, practical parenting ideas you can try at home
- A safe space to talk with other parents and caregivers
- Support to make parenting feel more positive and manageable



Who is it for? All parents and adult caregivers are welcome

How long? 13 weeks – one 3-hour group session weekly

When? Wednesdays, 16 September 2026 to 16 December 2026

What time? 9:45am – 12:45pm

Where? Carterhatch Infant School, Carterhatch Lane, EN1 4JY

Light refreshments will be provided at each session

Certificate Award Ceremony at end

Professionals or parents can make a referral

How to Book? Strengthening Families, Strengthening Communities (group) REFERRAL FORM or call 02081069996 or scan QR code

YOUTH & FAMILY HUB
HELPING CHILDREN, YOUNG PEOPLE AND FAMILIES THRIVE

Accredited by Race Equality Foundation

Contact Information: parentingprogrammes@enfield.gov.uk

www.enfieldparentingdirectory.co.uk

ENFIELD Council