



## Women's Work (Derbyshire) Ltd

### Strengthening Families, Strengthening Communities Parenting Programme

The course aims to address violence in all forms, in order to assist parents and children to develop strong ethnic, cultural, family and spiritual roots, and a positive parent-child relationship.

The Programme is suitable for all parents, carers and guardians and covers the following areas:

- ✦ Cultural/ spiritual component
- ✦ Understanding values that influence behaviour and children's social competence
- ✦ Increase parental self-esteem and confidence
- ✦ Transitions from childhood to adulthood reducing behavioural difficulties
- ✦ Violence prevention techniques
- ✦ Process of discipline
- ✦ Achieve positive changes in family relationships
- ✦ Awareness of violence against themselves (drugs, alcohol), violence and the family (abuse), and violence against the community (gangs)
- ✦ Promotes self-discipline as well as increases parental confidence and promote positive change in family relationships and community involvement
- ✦ Helps parents build their child's self-esteem

**Start date:** Monday 19<sup>th</sup> January 2015  
**Time:** 10:30am to 2:00pm  
**Duration:** 13 weeks of 3.5 hour sessions on Mondays  
**Venue:** Women's Work, 30 Charnwood Street, Derby, DE1 2GU  
**Refreshments:** Tea and Coffee provided

For more information or to make a referral to the programme please contact

**Lyndsey Rook or Jackie Geraghty**

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