



# North East Westminster Children's Centres Strengthening Families Strengthening Communities, Parenting programme.

**Delivered in English and Arabic.**

For parents of children up to 18 years old, designed to promote some of the protective factors associated with good parenting.

- The course aims to help you in developing,
- Strong ethnic and cultural roots,
- Positive Parent Child relationships,
- A range of life skills, self-esteem and self-discipline,
- Social competence and ability to access community resources.

The course is made up of 13 sessions.

The sessions run consecutively with the exception of school holidays.

**The next programme will take place at:**

Portman Early Childhood Centre

12-18 Salisbury Street

London NW8 8DE

Tel. 020 7641 5838

**It will start on**

**Wednesday 21<sup>st</sup> October, 2015**

**From 10.00am to 1.00pm**

**Lunch & Crèche will be provided**

For more information and details of how to book your place, please contact;

**Raymond Mitchell 0207 641 7113**

**[rmitchell@portmancentre.co.uk](mailto:rmitchell@portmancentre.co.uk)**

In partnership with:

**SureStart**

Westminster **NHS**  
Primary Care Trust

**WCS**  
Westminster Children's Society



City of Westminster  
CHILDREN'S SERVICES