

# Strengthening Families Strengthening Communities

A Parenting Program for Mums and Dads living apart

Presented by Families Need Fathers - East London Branch



Where?

**Unit C5**  
**Bradbury St Work Place**  
**London N16 8JN**  
**6.30 – 9.00pm**  
Email - [eastlondon@fnf.org.uk](mailto:eastlondon@fnf.org.uk)  
website - <http://eastlondon.fnf.org.uk>  
  
phone/ txt  
**07943054258 07931905002**

How to get there

**Tube Station:** A short walk from Dalston Junction/Kingsland Overground.

**Buses**  
**Dalston Kingsland: 67, 146, 149, 243, 488**

**Dalston Junction: 30, 38,56, 277 N38**

**STARTS MONDAY 25<sup>th</sup> April**

**Members, attendees and supporters of FNF are invited to join our seventh presentation of this very popular course. This is an accredited 13 week program run by fully trained and experienced facilitators Ian Findlay and Andy Simons who will be including material specific to meet the needs of separated parents.**

It includes:

- Child development – how children progress through different stages to maturity – from baby to teen, what to expect and what to do at each stage.
- How to manage the progress through the childhood rites of passage e.g. personal, emotional, physical, economic etc.
- How to manage difficult relationships with your child's other parent.
- A positive discipline strategy for children that really works.
- How to take the best advantage of community resources.

- Helping your child to grow up to be a self-confident, honest and hard-working youngster.

### **In addition**

- How to avoid the family court – mediation and how to make it a success.
- How the family court system works.
- Filling in forms, writing witness and position statements.
- Do I need a solicitor or can I do it all myself?
- What to do about non-molestation orders.
- How to avoid antagonistic relationships with your ex.
- What to do about parental alienation.

And much more...

### **If you've ever asked yourself these questions...**

**How can I play a greater role in my children's lives? How can I minimise the effects of our separation? What do I do, my child's been excluded from school...how can I get them to take school seriously? How can I take the heat out of our change overs? How can I stop my kids roaming the streets? How can I help them control their anger? What can I do about drugs in my area? My kids show me no respect, how can I change this? How do I introduce my kids to my new partner? My punishments have no effect, what can I do? How much pocket money? How much TV? How can I get them to like my parents? What time should they get home in the evening? When should I reward? How should I punish? How can I stop my ex turning the kids against me? How do I resolve disagreements about the kids between me and my partner? Do I deserve my kid's respect? How can I develop a better relationship with my kids?**

**This course is for you!**

**What next?**

**Apply for the course by emailing your details (mob number and email address) to [eastlondon@fnf.org.uk](mailto:eastlondon@fnf.org.uk) or phone/ txt 07943054258 or 07931905002 to book your place.**

**Make sure you can complete the majority of the 13 weeks... every Tuesday with a break over half term. There will be some homework which will involve some activities with your child but if you are not in regular contact you can borrow one (nephew, niece etc).**

**Some attendees will have been asked to attend a course such as this in preparation for contact centre arrangements. The organisers can write letters to contact centres, social workers or CAFCASS to speed the process a bit. Those who require letters of confirmation of acceptance on the course (for court bundles etc.) just ask.**

**Cost: £60.00 per head. This includes the cost of the course manual, photocopying venue, txt reminders, email homework and weekly update, the lot. People on JSA may be able to recoup this money. People on other benefits can pay weekly (not weakly).**