

For further information or to make a referral please contact:

### PPDU Business Support

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### Email:

NKSKParenting@lincolnshire.gov.uk

Please contact local Children's Centres for a full programme of groups

Billingham 01526 869 248

Bourne 01778 395 895

Caythorpe 01400 279 285

Grantham Belton Lane 01522 550 901

Grantham Swingbridge 01476 590 034

Market Deeping 01778 382 574

Sleaford 01529 306 888

South Witham 01572 768 876

Stamford 01572 764 072

Waddington 01522 721 750

Washingborough 01522 792 995

Witham St Hugh's 01522 869 541

## Strengthening Families Strengthening Communities



Parents,  
stay positive!

# Strengthening Families, Strengthening Communities

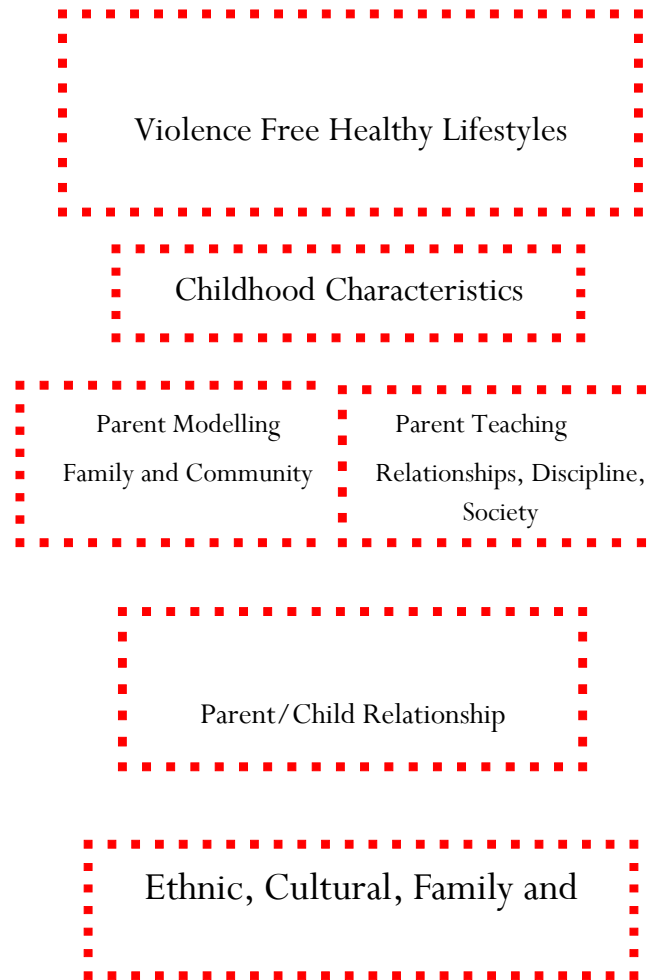
What is Strengthening Families,  
Strengthening Communities?

This programme will take you  
on a journey back to your roots  
and childhood and forward into  
your child's future.

You will visit the building  
blocks to success, how to  
positively impact your family  
and community and understand  
how your family and spiritual  
roots guide your values. You  
will  
understand the different factors  
to behaviour .

This programme aims to give  
you support and build on your  
existing skills.

## Building Blocks to Success



How to help your children live

violence free healthy lifestyles

## What are the aims of Strengthening Families, Strengthening Communities?

The Strengthening Families, Strengthening Communities Parenting Programme (SFSC) will look at the following:-

- Explore ideas and strategies in a supportive and relaxed environment
- Look at steps to strengthen your relationship with your family
- Build on your communication skills
- Improve your knowledge of your local community and take advantages of opportunities to become involved
- Develop your confidence to enable you to support your children and family.

## Who is the Group For?

Parents and carers with children up to the age of 18 years old.