

# SFSC: Stronger Relationships Course Information

## 13 week in person programme

The programme seeks to address challenges commonly faced by parents and carers, aiming to create healthier family dynamics and provide practical tools for navigating the complexities of modern parenting.

SFSC Stronger Relationships Programme aims to provide a comprehensive toolkit for parents and carers navigating the complexities of raising children from birth to adulthood and fostering healthy co-parenting relationships.

## Key Programme Components

- Parenting Skills Enhancement: Equips individuals with effective strategies to raise happy, healthy children who can reach their full potential
- Stress and Anger Management: Offers techniques to manage stress and handle disagreements between adult carers as well as parents and children constructively.
- Understanding Child Development: Provides insights into various stages of child development so that parents can better understand what their children are doing and thinking.
- Improved Communication: Focuses on enhancing communication, for all family relationships including parent- child, but particularly between co-parents .

- Community Engagement: Encourages connecting with others, sharing experiences, and building a supportive network because ‘it takes a village to raise a child’

## Target Audience

- Black, Asian, and minority ethnic fathers, stepfathers, grandparents, uncles, and male caregivers involved with children.
- Parents experiencing external stressors such as new fathers, those dealing with disabilities, health issues, financial concerns, or navigating separations.

## Ideal Outcomes for Participants

- Enhanced Parental Value: Empowerment to raise children with confidence and clarity.
- Improved Communication Skills: Better interaction and positive co-parenting relationships.
- Stress Coping Mechanisms: Strategies to manage stress, fostering personal well-being.
- Conflict Resolution Skills: Transferable skills beneficial in various life aspects.
- Improved health and wellbeing: Happier and healthier adults and children.
- Co-Parenting Agreements: Tools for crafting parenting plans (for separated parents) amicably without legal intervention.