

# Strengthening Families



## A **FREE** course for families

Mums, dads and carers attend together with **one** of their children who must be **aged 10–14years**

Get some helpful tips on how to strengthen your relationships.



Explore subjects together such as:

- Love and limits
- Making house rules
- Encouraging positive behaviour
- Using consequences
- Building bridges
- Communicating when you don't agree

***and...Enjoy a free meal with your kids!***

**Starting on 2nd October 2019**

**Wednesdays 5.00 – 7.30pm**

2nd, 9th, 16th & 23rd Oct. and 6th, 13th, 20th & 27th Nov.2019

at

**James Street Church, James Street, Off St Marys Street  
Southampton SO14 1PH**

If you'd like to know more call us on  
**023 8021 6003** or email us at **[info@sfftrust.org.uk](mailto:info@sfftrust.org.uk)**

