

What is SFSC?



This section answers some of the questions you might have about the face to face program.

Who will be there?

- SFSC is a group-based program, and you will usually take part alongside 8-12 other parents.
- The program will run by two 'facilitators', who have undergone extensive training to ensure that everyone gets the most out of the program.

How long is the course?

- It lasts for 13 weeks and each week you will attend a 3 hour session.
- At Hitherfield, we also provide refreshments and a crèche to make it easier to attend- there is no charge for these.

What do I have to do?

- Get involved! Although the facilitators will give information and techniques to help you, SFSC works best when everyone takes part fully.
- The program will help you to think about your own experiences, and about how your culture and family background have shaped your parenting style.
- Each week you will also be given activities to do at home. Previous attendees have found that if they do these, they get more out of the program.

What will SFSC give me?

SFSC will help you to answer these important parenting questions:

- How can I motivate my child to try their best at school?
- How do I build a better relationship with my child?
- How do I stop my teenager getting involved in drinking, drugs, antisocial behaviour or truanting?
- How do I encourage my partner to participate in my child's life?
- How do I put boundaries in place with my child?
- What youth and parent services are available in my community?

The program will provide:

- a safe space to share your views and be listened to
- an opportunity to get information and ideas to help with decisions about bringing up your children
- new skills, and support in developing your confidence
- connections with the wider community and services in your area.

The SFSC program is also accredited through the Open College Network. This means that you can gain credits for taking part in the program, which you can use when you apply for a job or if you want to go back into education.

Is SFSC right for me?



SFSC is for all parents. The program is run in all communities with parents from lots of different backgrounds, including:

- mums and dads, grandparents, foster carers, and teen parents
- parents from different ethnic minority communities and faith backgrounds
- parents who speak different languages
- parents with disabilities or learning difficulties
- individuals with very different qualifications and jobs
- people like you!

What have other parents said about SFSC?

- "The classes were excellent. The facilitators ensured that everyone was included. They listened to, respected and valued each person. The sessions were always varied, pacey and interesting. I would recommend this class for every parent."
- "Exactly the right material – wish it lasted longer as really appreciate the support network too. Great to take part in a multi-ethnic group – very enlightening."
- "I feel more encouraged that I am a better parent than I thought I was."
- "It was helpful being able to identify resources in the community and being able to ask questions to get answers to solve problems."

If you feel that you may be interested, please contact school or children's centre admin to add your name. Alternatively, you can contact Suzy or Mark on 020 8769 8428 – email suzyanderson@hitherfield.co.uk or markgillard@hitherfield.co.uk