



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES



Being a Parent

The course helps parents and carers learn practical communication skills for everyday life and bring up confident and happy children. It helps improve parents' wellbeing and parenting techniques, builds families' social and community connectedness.

The course is **free** and **highly recommended**.

- **Downham Library:** 7-9 Moorside Road, BR1 5EW
Wednesdays, 10:00am-12:00pm from 17th January 2024
- **Catford Library:** Catford Centre, 23-24 Winslade Way SE6 4JU
Fridays, 10:00am-12:00pm starting 19th January 2024

Course is delivered term-time only.

Places are limited per term. It is first come first serve basis and you will automatically be put in a waiting list once the list is full.

Creche is provided and should be booked in advance.

For information and registration, please contact:



**Family
Information
Service**

Family Information Service

Email: fis@lewisham.gov.uk

Telephone: 020 8314 3940

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