

Family

Links

come and find out

How to get the best out of family life

With

the Nurturing Programme



Stressed! Had enough! Can't cope anymore! No Fun!

We will be running the 11 weeks Nurturing Parenting Programme with Islamic Values for parents/carers of children aged **5-12** years old. There are 10 sessions in total, each running for 2 hours. You will receive certification once you have completed the programme.

This programme will be delivered in ARABIC and help you to:

- Learn how to manage your children's behaviour and become confident parents
- Discover parenting in Islam: what does the Quran and Sunnah say about raising children
- Reflect on your own childhood experiences
- Look at how to develop a better relationship with your child/ren
- Learn how to encourage your children to listen and respect your Islamic values and beliefs

To find out more about it, come to our Introduction workshop

Date: 4th of October 2021

Time: 10:00 am – 11:00 am

Venue: TBC

Visit www.parentingu.co.uk/latest-events/ to register your interest