

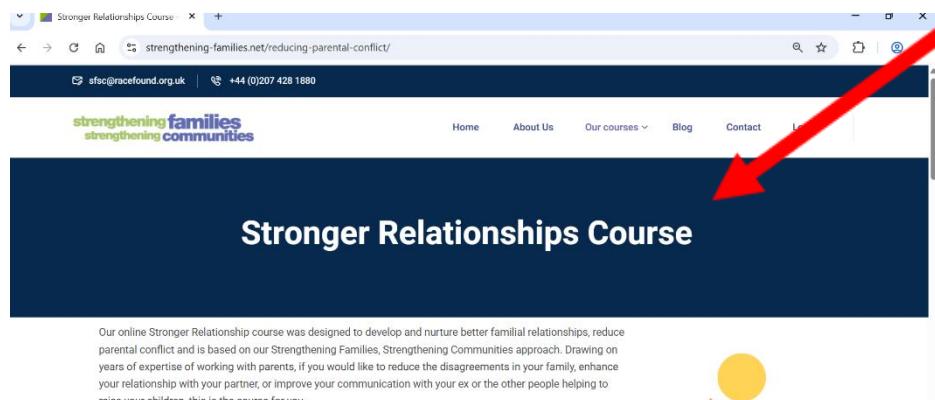


Stronger Relationships – Online 6-week course

How to register onto the course

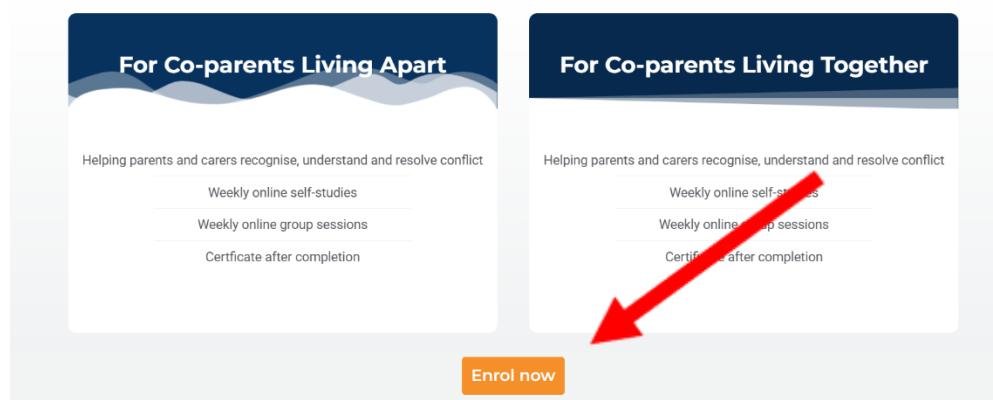
STEP 1 – Click on the registration link: <https://strengthening-families.net/reducing-parental-conflict/>

You will see the below screen appear on your laptop/tablet/Smartphone



STEP 2 –

Stronger Relationship Courses webpage appears. Click on the “Enrol Now” icon





Stronger Relationships – Online 6-week course

STEP 3 - Select a course, either depending on the current status of the family you are referring:

Option 1 – Parenting and living together

Option 2 - Parenting and living apart

SFSC Stronger Relationships

Individual online sessions

Available options:

- Individual online sessions (Parenting Apart)
- Individual online sessions (Parenting Together)

STEP 4 - Choose the correct age range of the child for the parent and select the group discussion time slot that parent can attend

Group discussions

Please note: If you do not see a parent group discussion session time and date that works for you, please contact sfsparent@racefound.org.uk, and we will advise you of other options.

Please note that we do not run group discussions during school holidays, but they can be group-dependent.

Available options:

- Stronger Relationships (Arabic Speakers Only) group discussions starting Friday 23/01/2026, 11:00am
- Stronger Relationships (Arabic Speakers Only) group discussions starting Friday 09/01/2026, 1:00pm
- Stronger Relationships (Expectant Parents/Early Years Help Only) group discussions starting Tuesday 06/01/2026, 6:00pm
- Stronger Relationships group discussions starting Thursday 08/01/2026, 1:00pm
- Stronger Relationships (Parents of Neurodivergent Children Only) group discussions starting Thursday 05/02/2026, 6:00pm



STEP 5 – Click “Add on cart”

Add to cart





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Final Step– Checkout page appears and you will need to complete the below sections with your details as the parent, which then finalises the registration. Please ensure you add your correct Waltham Forest address and postcode which will enable the course to be free.

strengthening **communities**

Home About Us Our courses

Contact Information

First name *

Last name *

Country/Region *

United Kingdom (UK)

Street address *

House number and street name

Apartment, suite, unit, etc. (optional)

Town / City *

Postcode *

Phone *

Email address *

The SFSC team will send parents the link to the online course and send parents weekly reminders to help them complete the course