

Family

Links

come and find out

**How to get the best out of family life
with
the Nurturing Programme**



We will be running a 10-week Nurturing Programme with Islamic Values for Mothers Grandmothers/Aunts/Carers. The Nurturing Programme has been endorsed by the Sharia Council and includes a foreword by Professor Tariq Ramadan, University of Oxford.

This programme will help you to:

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

Translation available in Urdu and Punjabi.

VENUE

**CENTRAL JAMIA MOSQUE, Montague Way, Southall, UB2 5PA
Starting on Tuesday the 9th of October 2018 from 9.30 am – 11.30 am**

**To book your place now and register your interest please contact us by
Emailing: admin@mparentingu.co.uk or contact us on: 0208 930 1081 /07403 671122**

We look forward to seeing you.