

Mothers Safety and Leadership Course

FREE!!
Mothers Safety
and Leadership
Course for East
Cardiff Mums

Working in partnership with Cardiff Council, Tim Parry Johnathan Ball Peace Foundation will be carrying out taster sessions in your area for this valuable course. Establishing a safe and relaxed environment, for Mothers to improve safety awareness, build confidence and develop leadership skills, at home, in the community, and between cultures.

Taster sessions

Monday 11th July: 9.15am-10.30am

Rumney Partnership Hub, Llanstephan Road, CF3 3JA

Monday 11th July: 11.00am-12.30pm

Llanrumney Hub, Countisbury Avenue, CF3 5NQ

Monday 11th July: 1.00pm-2.30pm

St Mellons Hub, Crickhowell Road, CF3 0EF

Please come along to one of the taster sessions above to see if you would like to be part of the ten-week course (break for half-term) starting September 2022.

Course time: 9.30am-12.30pm. Day and Location (East Cardiff) to be confirmed.

The course is very interactive, and participants need no particular previous training or qualification. Successful participants, receive accreditation at Level 1 on the Regulated Qualifications Framework.

Activities include:

- Group exercises and games.
- How to handle tough topics like radicalisation, discrimination and safeguarding.
- Multimedia – sound and video are used to start discussion.
- Having Difficult Conversations – Skills to hold difficult conversations.

What's talked about?

- Identity and belonging – Becoming aware of our own and others' values.
- Conflict resolution – how to handle conflict, understanding extremisms of different kinds.
- Leadership – how to do things differently; how to get heard and make a difference.
- Extremism – Learning and understanding of how Individuals become involved in extremism.

There are only 25 spaces on the course, please don't miss out on this incredible opportunity to enhance your skills, receive a qualification, and meet new people in your local area.



“I will use the things I have learned in Mothers Safety and Leadership with families and friends when faced with conflict and I hope to enhance community understanding of such issues.”

More information

The course is **FREE!!** For more information please contact Christine Cox on christine.cox@peace-foundation.org.uk

www.peace-foundation.org.uk



Tim Parry
Johnathan Ball
Peace Foundation
Communities

