

## **Speakeasy**

### **Programme Content**

Speakeasy is a free 8-week Parenting programme for parents/carers of children and young people. It is a fun and relaxed programme that will help parents and carers become more confident in talking to their children about sex, relationships and growing up. Parents learn together, building on what they already know, as well as gaining new information and ideas for how to talk to their children. The course is accredited at Levels 1 and 2 through the Open College Network but accreditation is optional for parents.

### **Access Pathway**

For further information, contact [rick.stifter@sunderland.gov.uk](mailto:rick.stifter@sunderland.gov.uk)

### **Next Steps for Parents**

- Family Learning or Adult Learning. For information about current provision, contact Family, Adult and Community Learning on 0191 561 2620.
- A community activity. Search the directory to find one <http://www.familiesinfoservice.com/findaservice.html>
- Volunteering. For details of the training package and induction available to local parents/carers, contact your local Children's Centre.