

Empowering Parents, Empowering Communities (EPEC) : 'Being a Parent' Courses



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES

What is EPEC?

Free, volunteer-led, evidence based parenting programme.

Each session is delivered by two **Parent Group Leaders (PGLs)** who have received 60 hours of training to deliver EPEC courses.

Our sessions empower parents to share experiences, learn new skills and practice these alongside other parents.



Who are the courses suitable for?

Our course offers an early, low level intervention, empowering parents to improve communication, behaviour management, family dynamics and parent-child relationships.

Any parents or carers of children aged over 2 and under 12 years are welcome to join.

Parents are supported and encouraged to try new parenting techniques each week and share the outcomes with other parents.



Course Content

WATCH
THE VIDEO



Welcome Week

- Getting to know each other

Week 1 - Being a Parent

- Self care
- Good enough vs perfect

Week 2 - About Feelings

- Expressing, acknowledging and accepting feelings

Week 3 - Play is important

- Child-led play

Week 4 - Valuing my Child

- Avoiding labels
- Descriptive praise

Week 5 - Understanding Behaviour

- Behaviour behind needs

Week 6 - Discipline Strategies

- Setting boundaries
- Time Out
- Saying No

Week 7 - Listening

- Reflective listening
- Open vs closed questions

Week 8 - Review & Support

- Reviewing Content



Contact & Sign Up

If you are interested in finding out more about our courses, email Chanika at epec@bromleyy.org or Tel: 07376 458 268

To register your interest to attend a course [CLICK HERE](#) or scan the QR code



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