

# EMPOWERING PARENTS, EMPOWERING COMMUNITIES

## The 'Being a Parent Together' Course

### What is EPEC?

Empowering Parents, Empowering communities is a free, volunteer-led, evidence-based parenting programme



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



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

### Who is it suitable for?

Any couples, carers or family members who care for children under 12



Targeted at couples in conflict, our course offers an early, low-level intervention, empowering parents to reduce family conflict, manage family stress and improve communication



Parents are supported to create stronger family dynamics and explore practical strategies to work better as a parenting team

### Course Content

**1. Being a Parent/Carer/Mother/Father**

**6. Discipline strategies**

**2. Recognising and Expressing Feelings**

**7. Time-out & Saying 'No'**

**3. Expressing Feelings & Play**

**8. Listening**

**4. Valuing or child**

**9. Coping with Stress**

**5. Understanding children's behaviour**

**Managing differences & conflict resolution**

**Household rules and consistency**



### Upcoming Courses

Courses run throughout the year



### How to make a referral

South: [jennifer.creighton@nottsc.gov.uk](mailto:jennifer.creighton@nottsc.gov.uk)

North: [alice.lavender@nottsc.gov.uk](mailto:alice.lavender@nottsc.gov.uk)

West: [elise.bottomley@nottsc.gov.uk](mailto:elise.bottomley@nottsc.gov.uk)