

Empowering Parents, Empowering Communities

Parent Group Leaders

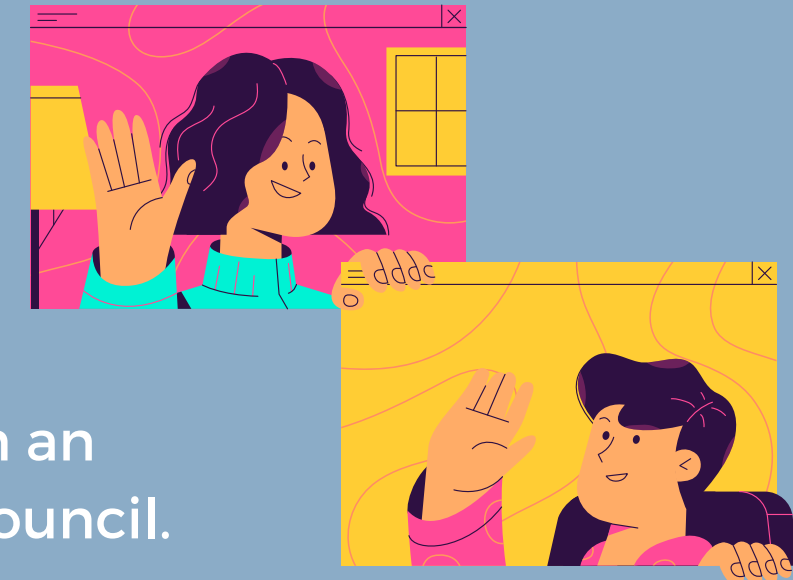


What is EPEC and what are our Parent Group Leaders?



Empowering Parents, Empowering Communities (EPEC) is a volunteer-led, evidence-based parenting programme. Building on their existing skills, we train parents to become Parent Group Leaders (PGLs) who deliver EPEC sessions to other parents.

Our PGLs receive training, ongoing supervision and support from an EPEC Hub Coordinator based within Nottinghamshire County Council.



What is the commitment and what's in it for the volunteers?



PGLs must complete 60 hours of training (a mix of online sessions, group discussions, reading, watching short films, activities to complete at home along with some formal reflection on the learning). PGLs will be equipped to train online and in person.



PGLs receive:

- Free personal development opportunities with support in progressing a career working with families
- Ongoing training, support and supervision
- Out of pocket expenses covered

How to find out more and upcoming dates



There are dates most terms throughout the year, please contact the hub Coordinator for the new dates:

South: jennifer.creighton@nottsc.gov.uk

North: alice.lavender@nottsc.gov.uk

West: elise.bottomley@nottsc.gov.uk

