

# 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

### 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 [epecebromley.org](mailto:epecebromley.org) or Tel: 07376 458 268

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



CPCS  
THE CENTRE FOR  
PARENT & CHILD  
SUPPORT  
NHS



# Empowering Parents, Empowering Communities (EPEC) : Be a Parent Group Leader



EMPOWERING  
PARENTS  
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## What is EPEC?

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 Co-ordinator based within the London Borough of Bromley.**

## What is the commitment? What do volunteers get?

PGLs must complete 60 hrs 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. Read more about what volunteers receive below:

- free personal development and support in progressing a career working with families
- ongoing training, support and supervision
- out of pocket expenses paid



## How to find out more

**To register your interest to become a group leader, or for more information, please email: [epec@bromleyy.org](mailto:epec@bromleyy.org) or call: 07376 458 268. Please give us your postcode so that we can work out the areas you could cover.**



## See what other parents have said

**Take a look at what other parents have said about the course: [Click here](#) or scan the QR code below to view the video.**



CPCS  
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A support programme run by parents, for parents for those with children aged 2-12 years.



There is also an opportunity to receive FREE training to become a parent group leader to facilitate programmes.



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