

## **Being a Parent:**

This 9 week course helps parents learn practical skills for everyday life

- Looking after yourself as a parent
- Recognise and manage your children's emotions
- Learn positive parenting strategies
- Support your children's resilience

Tuesday (virtual group) 10am-12pm  
or Thursday (face to face group) 10am-12pm  
Starting 28<sup>th</sup> & 30<sup>th</sup> September 2021

For more information, please contact

Claire Gager at Southwark Family Early  
Help Parenting Team;

07547 659 646

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*"I found the EPEC  
parenting course  
amazing. I learnt new  
things and I feel more  
relaxed when I come to a  
challenge with my child."*