

## **EPEC Being a Parent 1-3:**

### **For parents of children aged 1 – 3 years**

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

**Tuesdays 10am-12pm Starting 7<sup>th</sup> May 2024**

**At 1<sup>st</sup> Place Children and Parents' Centre,**

**12 Chumleigh St, London SE5 0RN**

For more information, please contact

Claire Gager at Southwark Family Early Help Parenting Team;

07547 659 646 [Claire.gager@southwark.gov.uk](mailto:Claire.gager@southwark.gov.uk)

*"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."*