

EPEC Being a Parent:

For parents of children aged 2 – 11 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

Wednesdays 10am-12pm Starting 8th May at Crawford Children's Centre, 5 Crawford Road, SE5 9NF

For more information, please contact

Claire Gager at Southwark Family Early Help Parenting Team;

07547 659 646 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."