



EPEC Being a Parent Together:

This 10 week online course helps co-parents learn practical skills for everyday life.

For co-parents with children aged 2-11 years.

Starting Monday 13th May 2024

Dads and Mums want the best for their children, and sometimes it can be hard to agree about how to parent our children. This course, delivered by parents who have already benefited from this learning with their own children and families, will help you be the best for your children, whether you are living together or apart. Both parents need to attend and the group will help you to work together for your children. This course includes:

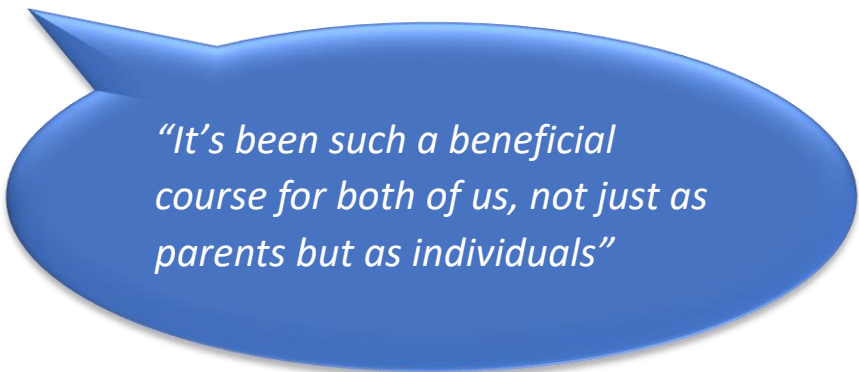
- Looking after yourselves as parents
- Recognise and manage your children's emotions
- Learn positive parenting strategies
- Support your children's resilience
- Work together as a team to support your children

For more information, please contact Claire Gager at Southwark Family Early Help Parenting Team;

07547 659 646

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

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



"It's been such a beneficial course for both of us, not just as parents but as individuals"



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