

## **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

Dates and Venue to be confirmed

Starting September/October 2024

For more information, please contact

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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."*