

# EMPOWERING PARENTS, EMPOWERING COMMUNITIES

## The 'Being a Parent Together' Course

### What is EPEC?

Empowering Parents, Empowering communities is a free, volunteer-led, evidence-based parenting programme



Each session is delivered by two Parent Group Leaders (PGLs) who have received 60 hours training to deliver EPEC courses

Our sessions empower parents to share experiences, learn new skills and practice these alongside other parents



### Who is it suitable for?



Any couples, carers or family members who care for children under 12

Targeted at couples in conflict, our course offers an early, low-level intervention, empowering parents to reduce family conflict, manage family stress and improve communication



Parents are supported to create stronger family dynamics and explore practical strategies to work better as a parenting team

### Course Content

#### 1. Being a Parent

- Looking after ourselves
- Good enough vs Perfect Parent
- The effect of conflict on children

#### 2. Feelings

- Remembering what it was like to be a child
- Acknowledging and accepting feelings
- Expressing feelings

#### 3. Listening

- Communication styles
- Helping a child when upset
- Open vs closed questions
- Reflective listening



### Upcoming Courses

All sessions running via Microsoft Teams

Our next Being a Parent Together workshops will be held:

- 1st March, 12:30-14:30
- 8th March, 12:30-14:30
- 15th March, 12:30-14:30



### How to make a referral

South: [abbie.teale@nottsccl.gov.uk](mailto:abbie.teale@nottsccl.gov.uk)  
North: [alice.lavender@nottsccl.gov.uk](mailto:alice.lavender@nottsccl.gov.uk)  
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Children's Centres: [lindsey.tasker@nottsccl.gov.uk](mailto:lindsey.tasker@nottsccl.gov.uk)