



Stockport Family



# Transforming Children's Lives

a course  
for parents  
led by parents

A mixture of workshops and courses, virtual and face to face, helping parents to learn practical communication skills for everyday life and bring up confident, happy and co-operative children.

Empowering Parents Empowering Communities (EPEC) is a successful, popular, parenting programme delivered by parents who live in their own community.



EMPOWERING  
PARENTS  
EMPOWERING  
COMMUNITIES



StockportEPEC

## What do EPEC courses cover?

EPEC offers a variety of parent led courses and workshops both face to face and virtually. Each course is facilitated by two EPEC certificated Parent group leaders (PGLS). Topics include:

- Being good enough
- Feelings
- Play/spending time with your children
- Understanding children's behaviour
- Discipline strategies
- Listening and communication
- Coping with stress

## What types of EPEC courses are there in Stockport?

There are three EPEC parenting courses:

- Being a Parent - for parents / carers of children age 2-11 years
- Living with Teenagers - for parents / carers of adolescents aged 11-16 years
- Being a Parent Together - for couples / co-parents to complete together

## So how do you access the course?

You can speak to a member of the EPEC Team for any further information by telephoning: 0161 406 9558.

You can also email: [admin.epec@stockport.gov.uk](mailto:admin.epec@stockport.gov.uk) where you will be asked to provide your details.

“ I'm not alone and other parents go through the same ”

“ Learnt how to handle situations differently ”

“ It's a relaxed, friendly atmosphere ”

“ Very productive and thought provoking ”

“ I'm a more confident mum and met new people ”

“ It's good to talk and to make time for myself ”



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