

Being a Parent 1-3

(Empowering Parents,
Empowering Communities)

Being a Parent is a 10-week group programme offered to parents/carers of children aged from 1 to 3 years old.

The course is led by trained EPEC (Empowering Parents, Empowering Communities) parent group leaders and aims to help children and families get the best start in life.

This course is free, with a creche, and runs term time at your local Family Hub.



What is the EPEC Being a Parent Course?

The Empowering Parents Empowering Communities (EPEC) Being a Parent course aims to improve child development and outcomes, parenting, family resilience, and family relationships.

The Being a Parent course creates a trusting group ethos, where parents are encouraged and supported to explore:

- Supporting you to manage your and your child's feelings.
- Communicate and interact positively with your child.
- Use positive behaviour management strategies.
- Attachment and parent child relationships
- Manage parental and family stress.
- Parenting roles, expectations, and culture.

Why is it different?

The Being a Parent Course runs over 10 weeks and is completely free.

Local parents, who have completed the accredited Parent Group Leader Volunteer training, co-deliver the Being a Parent course. They receive ongoing support and supervision from the EPEC Hub and their experiences, backgrounds, skills, and qualities make each session inviting and engaging.

How can I sign up?

Sign up at www.towerhamlets.gov.uk/parenteducation

If you have questions or need help with the online form, you can email:
PAE@towerhamlets.gov.uk

For further course information please contact the EPEC Hub Lead **Zubair Ahmed** on **020 7364 2240**