

Being a Parent Programme

There is always something new to learn as a parent.



We all know being a parent isn't always easy. The EPEC sessions help parents develop new skills. The programme is held in a trusting, non-judgemental environment, where parents are encouraged and supported to explore new ideas. This is done in a fun, informal way and delivered by parents who have first-hand experience of the challenges of parenthood.

- Come along to exchange ideas and tips that help with parenting
- Develop communication skills that are effective
- Celebrate the joys and successes of parenting
- Learning to make playtime fun
- Deal with the challenges of being a parent
- Identify your own needs and your child's needs
- Meet likeminded parents

When is the programme?

**Starts on 7th July 2020 at 8pm – 9.30pm
Via Zoom**

A link will be sent to you at time of booking.

For more information and bookings please
contact our EPEC Hub Co-ordinator

Colette Fletcher

Tel No: 01582 660061

Email: office@home-startcentralbeds.org.uk



Central
Bedfordshire
Council

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Being a Parent

**a FREE
9-week Parenting Programme**



**A FREE 9 week programme run by
parents for Mums, Dads & Carers of
children aged up to 11 years.**

BOOKING ESSENTIAL