



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

“ 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 ”

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 where you will be asked to provide your details.



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