



EMPOWERING  
PARENTS  
EMPOWERING  
COMMUNITIES  
Stockport

# **EPEC Courses Summer 2025**

## **Being a Parent Course**

For parents and carers of children aged 2 – 11 years – all welcome!

Fridays starting 9<sup>th</sup> May 10am-12pm for 9 sessions (term time only)  
One Stockport Family Hub Westmorland Drive, SK5 8HH

## **Living with Teenagers**

For parents and carers of adolescents aged 11 – 16.  
Virtual (online) sessions

Tuesdays starting 6<sup>th</sup> May 6pm – 8pm for 9 sessions (term time only)

## **Being a Parent Together (Bitesize) Course**

For those co-parenting / caring to attend together  
Virtual (online) sessions – 3 sessions  
Wednesdays 6pm – 8pm  
2nd, 9th and 16th July

## **To reserve your place or find out more:**

Complete the  
expression of  
interest form



**0161 474 4400**  
**[admin.epec@stockport.gov.uk](mailto:admin.epec@stockport.gov.uk)**