

A free 9 week course for
parents of children aged
9 to 16 years

Being a Parent Courses

Empowering Parents, Empowering Communities (EPEC)

This free 9 week course helps parents learn practical communication skills for everyday life & bring up confident, happy and co-operative children. You will leave this course feeling better able to:

- Help others by sharing your experience as a parent
- Help others find their way through the teenage years
- Support your children as they move from primary to secondary school
- Accreditation level 2 with Open College Network

Light
refreshments
are
provided!

| Where | When | Session Time |
|--|-----------------------------|---|
| St Bonaventure's School | Mondays 25 Sept – 27 Nov | 4:30 – 6:30pm |
| Rokeby School for Boys | Tuesdays 26 Sept – 28 Nov | 9:30 – 11:30am |
| Royal Docks Community School | Tuesdays 19 Sept – 21 Nov | 6:30 – 8:30pm |
| Cumberland Community School | Tuesdays 26 Sept – 28 Nov | 5:30 – 7:30pm |
| Sarah Bonnell School | Wednesdays 27 Sept – 29 Nov | 10:00 – 12:00pm <i>crèche provided</i> |
| Custom House & Canning Town Community Neighbourhood Centre | Wednesdays 4 Oct – 6 Dec | 10:00 – 12:00pm <i>crèche provided</i> |

For more information contact: Penny Phillips, Parent and Creative Activities Manager
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