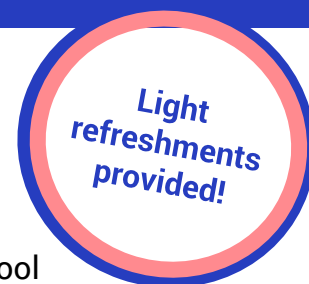




Being a Parent Courses

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
- Support your children as they move from primary to secondary school
- Accreditation level 2 with Open College Network

Where	When	Session Time
East Ham CN Centre Barking Road, E6 2RT	Tuesdays 16 Jan – 20 March	9:30 – 11:30am <i>Crèche provided</i>
ASTA Community Centre Camel Road, E16 2DE	Tuesdays 23 Jan – 27 March	9:30 – 11:30am <i>Crèche provided</i>
Southern Road Primary School Plaistow, E13 9JH	Wednesdays 17 Jan – 21 March	09:15 – 11:15am <i>Crèche provided</i>
St Edwards Primary School Green Street, E13 9AX	Wednesdays 17 Jan – 21 March	09:15 -11:15am <i>Crèche provided</i>
Canning Town & Custom House CN Centre, Rathbone Market, E16 1EH	Thursdays 25 Jan – 29 March	10:00 -12:00pm <i>Crèche provided</i>
North Beckton Primary School 23 Hallywell Cres , E6 5XP	Fridays 19 January – 23 March	09:15 – 11:15am <i>Crèche provided</i>

For more information contact: Penny Phillips, Parent & Creative Activities Manager
T: 020 33734252, E: penny.phillips@newham.gov.uk

