

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:

Light  
refreshments  
are  
provided!

- Help others by sharing your experience as a parent
- Help them find their way through the teenage years
- Support your children with the changes they experience as they move from primary to secondary school

A free Crèche will be available for children under the age of 4

## when & where

**Course runs from**  
Thursdays 25<sup>th</sup> Jan – 29<sup>th</sup> March

**When:** 10:00 -12:00 pm  
*Crèche Provided*

**Where:** Canning Town & Custom  
House CN Centre, Rathbone Market,  
E16 1EH

## get in touch

To book your place and book a Crèche  
space contact

**Penny Phillips**  
T: 020 3373 4252

E: [penny.phillips@newham.gov.uk](mailto:penny.phillips@newham.gov.uk)

