



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



Being a Parent Courses

Empowering Parents,
Empowering Communities (EPEC)

Delivered for Parents by Parents: The 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

Light refreshments provided!

| Where | When | Session Time |
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| Asta Community Centre, Camel Road, E16 2DE | Tuesdays 18 th Sept – 20 th Nov | 10:00 – 12:00 pm <i>Free Crèche provided</i> |
| East Ham CN Centre, 328 Barking Road, E6 2RT | Tuesdays 18 th Sept – 20 th Nov | 5:30 - 7:30pm |
| Rokeby School for Boys, Barking Road, E16 4DD | Tuesdays 2 nd Oct – 4 th Dec | 09:15 – 11:15am |
| Earlham Primary School, Earlham Grove E7 9AW | Wednesday 19th Sept Resilience Workshop Full course runs Wednesdays 3 rd Oct – 28 th Nov | 09:15 – 11:15 am <i>Free Crèche provided</i> |
| Canning Town & Custom House CN Centre, Rathbone Market, E16 1EH | Thursdays 27 th Sept – 22 nd Nov | 10:00 - 12:00pm <i>Free Crèche provided</i> |
| Scott Wilkie Primary School, Hoskin's Close, E16 3HD | Thursday 20th Sept Resilience Workshop Full course runs Thursdays 4 th Oct - 29 th Nov | 09:15 - 11:15 am |

For more information contact: HeadStart Newham T: 020 3373 8600

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