

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
T: 020 33734252, E: penny.phillips@newham.gov.uk

