



Being a Parent Course

Empowering Parents, Empowering Communities (EPEC)

This 8 week course helps parents learn practical communication skills for everyday life and bring up confident, happy and co-operative children

Open Network College Network

When: Wednesdays 09:30-11:30

Starting: 7th October – 9th December 2015

**Where: Southern Road Primary School
Southern Road
Plaistow
E13 9JH**

**This is a free course for parents with children aged 9-12
Creche available for babies and children up to 4 years**



**If you have any further questions or to book a place,
please contact:**

**The EPEC Project on 020 3228 3914
or Email: epec@slam.nhs.uk**



The Centre for
Parent and Child
Support

South London and Maudsley 
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