

This 9 week course helps parents learn practical skills for everyday life

- Looking after yourself as a parent
- Recognise and manage your children's emotions
- Learn positive parenting strategies
- Support your children's resilience

Sign up <u>here</u> to join parents from your community

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"I found the EPEC parenting course amazing. I learnt new things and I feel more relaxed when I come to a challenge with my child."