



Empowering Parents, Empowering Communities (EPEC)

## Being A Parent

*EPEC is for local parents, led by local parents*

**Would you like to learn valuable parenting skills from other local parents?**

Join our parent-led groups to develop your parenting skills, improve confidence and create a loving home environment for you and your children.

Our Being a Parent groups are held over 8 weeks, and are suitable for all Hackney parents/carers who are caring for at least one child between the ages of 1 to 3 years old.

For more information or for Professional referrals  
Email: [EPEC.hackney@nct.org.uk](mailto:EPEC.hackney@nct.org.uk)

Scan the QR  
code to sign  
up to  
Being A Parent



EMPOWERING  
PARENTS  
EMPOWERING  
COMMUNITIES

Children & Family Hubs  
Partnerships

 **Hackney**

# What does it involve?

The EPEC Being a Parent groups are parent-led and teach evidenced-based parenting strategies and methods such as; attachment and parent/carer-child relationships, understanding and managing children's feelings and parents'/carers' emotional regulation and parent/carer listening, communication, play and interaction skills.

By attending over the 8-weeks, one day per week, you will gain valuable skills. The aims of the programme are:

- To improve children's social, emotional and behavioural development
- To improve children's readiness for school and learning
- To improve confidence and well-being
- To improve family communication, interactions, routines and resilience
- To improve social support within communities

**Groups will be held at Ann Tayler Children & Family Hub starting on January 29th 2025 and a second Hackney location to be announced.**

**Ann Tayler Children & Family Hub  
1-13 Triangle Rd  
London  
E8 3RP**

**Scan the QR code below or email us to book your place**

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