



# Being a Parent Course

*Empowering Parents, Empowering Communities (EPEC)*



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

*Open College Network Accredited*

**When:** Thursdays 10:00 – 12:00

**Starting:** **Introduction Session 4<sup>th</sup> October at 10:00**  
11<sup>th</sup> October– 6<sup>th</sup> December 2018 (Weekly, excluding half term)

**Where:** Ethelred Children's Centre  
White Hart Street  
London SE11 4EP

This is a free course for Mums, Dads and Carers who experience mental health difficulties. This course works best if your child is aged 2-11 years.

Crèche available for babies and children (6 mths – 4 yrs)

Come along to the introduction session on 4<sup>th</sup> October, to find out more, with no pressure to commit to the rest of the group.

**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](mailto:epec@slam.nhs.uk)**



South London and Maudsley   
NHS Foundation Trust