

Being a parenting programme for parents of children aged 2-11

Delivered by trained Parent Group Leaders from Empowering Parents Empowering Communities (EPEC), part of South London & Maudsley NHS Trust, in partnership with Lewisham.

A free 9 week course to help parents learn practical skills for everyday life such as:

- Looking after yourself as a parent
- Recognising and managing your child's emotions
- Learning positive parenting strategies



**Thursdays
30th April - 2nd July**

(no session 28th May - half term)

10.00am-12.00pm

**Best Start Family Hub
Bellingham**

**109 Randlesdown Road
SE6 3HB**

07720 152903

**To book call the
The Hub, go to
[lewishamfamilyhubs.](http://lewishamfamilyhubs.org.uk/events)**

[org.uk/events](http://lewishamfamilyhubs.org.uk/events)

**or scan the
QR code**

