

# Empowering Parents Empowering Communities

Please  
come and  
join us!



## What do parents like about EPEC?

Thousands of parents have taken part in EPEC groups. Parents are passionate about their experience and strongly recommend the group. Parents say:

- “The group helped me and the children a lot, the group had a fantastic atmosphere and very encouraging to try new strategies which are extremely helpful.”
- “The EPEC group was none judgmental, I’ve enjoyed the sessions, its educational and its completely changed my life.” *Walsall parent*
- “The way each topic and subject is broken down helps you understanding more and makes you feel better as a parent, that you are not alone and things can change.”
- “Since attending EPEC I feel prouder of my children. I fell like we have both learned allot in a positive way, I don’t feel so alone anymore.” *Walsall parent*
- “This group has helped me to break the cycle...to begin to let go of the past... enabling me to finally look to the future.”

## What impact does EPEC have?

Over 90% of parents report that EPEC has increased their understanding of positive parenting, developed their parenting skills and increased their confidence to be an effective parent. Parents say:

- It has helped me to stop smacking and shouting, I listen to my daughter a lot more.”
- “It’s changed my personality as a person and mother as mother towards my child.”
- “This group has calmed me down... I understand my child’s behaviour and it has made us both happier.”

EPEC is very popular and highly recommended by parents. EPEC transforms parents’ knowledge and skills, family resilience and relationships, children’s outcomes and development.

### For more information:

-  [earlyhelpvolunteers@walsall.gov.uk](mailto:earlyhelpvolunteers@walsall.gov.uk)
-  01922 652 472
-  Early Help | Walsall Council
-  [www.walsallfamilyhubs.co.uk](http://www.walsallfamilyhubs.co.uk)



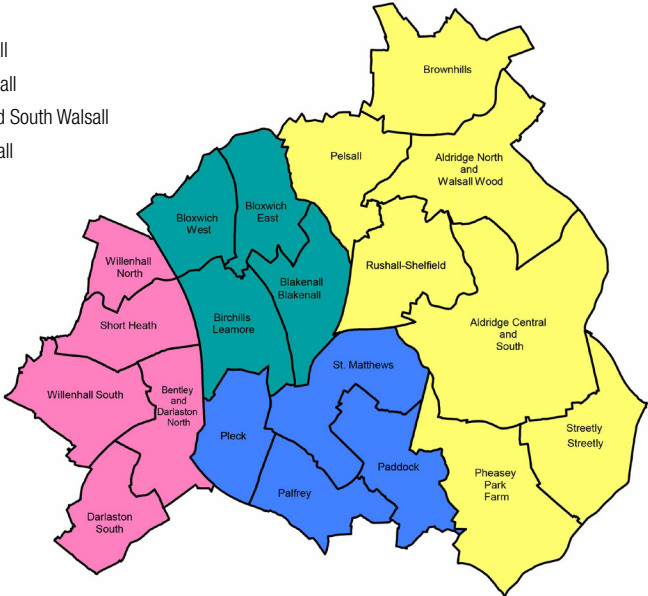
**Walsall Council**



# Expression of interest Form

Localities:

- East Walsall
- North Walsall
- Central and South Walsall
- West Walsall



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## I would like to know more about Being A Parent groups in my area:

- North Walsall
- South and Central Walsall
- East Walsall
- West Walsall
- I would like to know about all group's.
- I would like to attend father's groups.

## Your contact details:

Name: \_\_\_\_\_

Age \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Number: \_\_\_\_\_



D.O.B: \_\_\_\_\_

Gender: Female                      Male                      Prefer not to say

Ethnicity: \_\_\_\_\_                      Prefer not to say

Understanding your family: Single parent                      Co-parent                      Carer / Guardian

Grandparent                      Prefer not to say

For me to take part I would need – Please add below:

*(For example; I would need support with... my reading / writing, diary needs, physical needs, language barriers, emotional trigger warnings)*

I have childcare arranged

I would need childcare for: Number of children \_\_\_\_\_ Ages of children \_\_\_\_\_

Children's Names: \_\_\_\_\_

\_\_\_\_\_

Children's Ages: \_\_\_\_\_

For my children to be supported they would need...

Please return your booking form to your local family hub:

- North Family Hub - 275 Blakenall Lane, Blakenall, Walsall WS3 1HJ
- West Family Hub - Ilmington House, Crescent Road, Wednesbury, WS10 8AE
- South & Central Family Hub - Birchills Street, Walsall, WS2 8NG
- East Family Hub - Silver Court, Walsall, WS8 6HA



