

Empowering Parents

Empowering Communities



Please come
and join us!

Walsall Family Hubs are pleased to announce the new Empowering Parents, Empowering Communities – Being A Parent groups starting from January 2024.

Being a parent can be a precious experience. It also comes with a range of challenges and worries. Whilst we don't have a 'manual to follow' together we can, as parents & carers ourselves offer you the opportunity to gain skills to listen, communicate and interact with your children and focus on different developmental periods from birth onwards.

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places



Scan code or click the link to sign up: <https://forms.office.com/e/NejSdLpCTf>

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
- ☎ 01922 652 472
- 🌐 Early Help | Walsall Council
- 🌐 www.walsallfamilyhubs.co.uk



Walsall Council



**Walsall
Family Hubs**

Supporting families to live happier lives