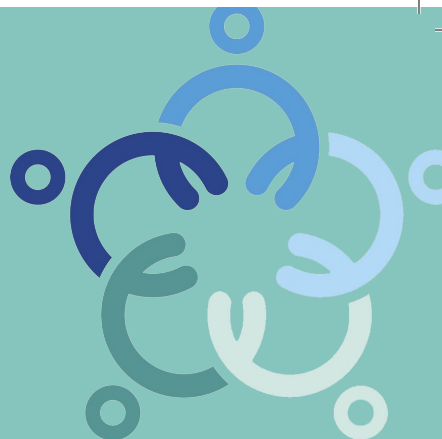


EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES



Free Parenting Course: EPEC Being a Parent

For parents and carers of children
aged 2-11 in Wirral.

Are you looking for ways to:

- Feel more confident as a parent?
- Manage family stress more effectively?
- Build stronger relationships with your child?

Scan to



Sign up today!



 **WIRRAL**


FamilyHub

Join the FREE EPEC Being a Parent Course!

This 8-week course is designed to support you with practical tips and real-life tools to help your family thrive.

When: Term time only

Duration: Up to 3 hours per week

Where: Local family hubs and schools across Wirral

Cost: Completely FREE!

What You'll Gain:

- Positive behaviour management strategies
- Tips for managing stress for you and your family
- Tools for understanding and handling emotions
- Better communication, listening, and play skills
- Stronger parent-child relationships

What Makes This Course Different?

The Being a Parent Course is run by trained parent volunteers who've been where you are. They use their own experiences to create a friendly, supportive environment where you'll feel heard, understood, and encouraged.

- No lectures
- No judgement
- Just real conversations, practical advice, and support from people who get it

Who Can Join?

If you're a parent or carer of a child aged 2–11 living in Wirral, this course is for you!

Sign up today!

Email: familyhubs@wirral.gov.uk

Call: 0151 666 3559



Empowering Parents, Empowering Communities (EPEC)
Helping families grow stronger-together.