

Being a Parent

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

ONLINE

Wednesday 9.45-11.45

23rd January - 27th March 2026

(no session 18th Feb - half term)

To sign up and find out more click [HERE](#) or scan the **QR code**:



Or Contact **07860 371868**

Feedback from Lewisham Parents

"I absolutely loved this course. I would recommend it to anyone. It has helped me out so much as a parent"

"The leaders were amazing, made me feel so much more confident and feel like people actually do care."



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PARENTS
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NHS
South London
and Maudsley
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Downham Family Hub

Shroffold Road, BR1 5PD

Friday 10.00 - 12.00

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