

# EMPOWERING PARENTS, EMPOWERING COMMUNITIES

## The 'Being a Parent - Living with Teenagers' Course

Acre Young People's Centre, Morley Street, Kirkby-in-Ashfield, NG17 7AZ

### What is EPEC?

Empowering Parents,  
Empowering Communities Being  
A Parent - living with Teenagers  
Course is a free, volunteer-led,  
evidence-based parenting  
programme



Each session is delivered  
by two Parent Group  
Leaders (PGLs) who have  
received 60+ hours  
training to deliver EPEC  
courses and have **lived  
experience** of parenting  
teenagers.

Our sessions empower parents to share experiences,  
learn new skills and practice these alongside other  
parents, who are facing similar circumstances.

### Who is it suitable for?

If you are a parent/carer with pre teen/s or a  
teenager/s and you are unsure about some of the  
behaviours presenting and feel that some  
support and guidance would be helpful. This  
course is for you.

Our course offers support to  
parents/carers, helping them to learn  
more about parenting a teenager.  
Along with helping parents/carers to  
manage emotion and behavioural  
difficulties that their young person  
may be experiencing,



The course gives lots of opportunity for discussion  
around shared experiences in an accepting and  
supportive environment.

### Course Content

#### Session 1

Key issues for teenagers and their parents - Setting  
goals. Looking after yourself as a parent.

#### Session 2

Effective communication skills - Parenting Styles.  
Listening skills

#### Session 3

Building your teenager's self-esteem - Needs behind  
behaviour. Feelings. Valuing your teenager and building  
their self-esteem

#### Session 4

Positive parenting strategies - Family meetings. Focused  
activities.

#### Session 5

Managing conflict - Negotiation. Discipline.

#### Session 6

Discipline strategies - Parenting strategy review

#### Session 7

Protecting them from risk - What's normal? what's  
worrying? What makes a difference helping teenagers  
manage risk? Raising difficult issues. Supporting problem  
solving

#### Session 8

Using your 'toolkit' - Building independence. Ending and  
Celebration

### How is it delivered?

Every Wednesday for 8 weeks - 9.15am -11.15am

Beginning Wednesday 8th May until the 3rd July 2024

Venue - Acre Young People's Centre,  
Morley Street, Kirkby-in-Ashfield, Nottinghamshire, NG17 7AZ

There will be no session in half term

