

Could you help parents give their child the best start in life?



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES



EPEC is for local parents, led by local parents

Becoming a parent group leader gives you the chance to help families gain the skills they need to give their children the best start in life. EPEC is a parenting approach that trains local parents to lead groups that support other local parents.

As part of the EPEC programme we are looking for mams, dads and carers to become group leaders to deliver parenting courses in your local area. As a volunteer group leader you will:

- Receive amazing free training and support from our local EPEC team.
- Learn to lead practical, caring groups for local parents.
- Share tried and tested methods that give children the best start in life.
- Join a group of like-minded parents to make a difference to your local community.
- Develop your skills and confidence.
- Gain experience that will help you fulfill your ambitions.
- Have your transport, meal and childcare costs paid for whilst undertaking and delivering training.
- You will have access to a varied career development programme.

By completing a short 12 week course one day per week (09.30-14.30) you could become a group leader.

Once you have completed your training, you and another parent group leader will deliver course(s) to other parents across County Durham over a 9 week period. You should allow 5 hours per week for course delivery, evaluation and supervision. We will work with you to make this work for you.

For more information please email EPEC@durham.gov.uk

*** [Watch Sue tell us about how she became a parent group leader](#)**

*** [See what parents get out of the courses, courses led by people like you!](#)**

* You may need to download Adobe Acrobat to view the above links.


Think Family

