

Care provided for  
children under 5 years

# Empowering Parents Empowering Communities Being a Parent Course

## For parents with children aged 2-12

Join our FREE 8-week "Being a Parent" course. By attending this peer-led parent group, you learn practical communication skills for everyday life and bringing up confident and happy children.

- EPEC is based on parents supporting parents which are more trusted than services.
- Parents support each other to improve their relationships with their children.
- Opportunity to become a parent leader.

## Topics you will learn and discuss in a group environment:

- Understanding children's behavior
- Accepting and acknowledging feelings
- Play
- Listening and clear communication
- Labels and praise
- Discipline strategies

### DETAILS:

14th February 2023 - 4th April, 2023

Tuesdays: 10:00AM-12:30PM (Noon)

Venue: SDA Hall, 29 North St, Tuncurry

**MISSION  
AUSTRALIA** | together  
we stand

For Bookings Contact Keri Harris, EPEC Coordinator Karitane, Taree  
Email: [keri.harris@health.nsw.gov.au](mailto:keri.harris@health.nsw.gov.au) | 0483 369 880