



EMPOWERING PARENTS, EMPOWERING COMMUNITIES

The Being a Parent - 'Living with ADHD' Support Group

What is EPEC?

Empowering Parents, Empowering Communities Being A Parent - living with ADHD group 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 ADHD.

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 your child has a diagnosis, is awaiting assessment or you would like to know more about ADHD this group is for you.

Our sessions offer support to parents, helping them to learn more about ADHD, along with helping parents to manage behavioural challenges experienced by their children. We also celebrate the individuality of each child and family



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

Course Content

Week 1.

Introductions/ Our ADHD Child. Goal Setting / Motivators.

Week 2.

Good enough parent/ Looking after yourself / ADHD maps/Executive functions / self regulation.

Week 3.

Acknowledging and accepting feelings / Expressing feelings / managing overwhelm.

Week 4.

Child-led Play / Negative Attention Trap / Being Kind to Yourself.

Week 5

Descriptive praise / Describing behaviour / Promoting Self Esteem.

Week 6.

Needs & Behaviour / Introduction to Discipline Strategies, Commands & Sensory Processing Challenges.

Week 7.

Consequences / Rewards / Routines / Working memory.

Week 8

Setting boundaries / Saying no & Close down / Time in and out/Calming space / Household rules.

Week 9

Listening skills & Problem Solving strategies

Week 10.

Managing Stress and Anger/ Next Steps / Review / Support and Ending Celebration

How is it delivered?

The Being A Parent, living with ADHD support group is 2.5 hours a week for 10 weeks (except school holidays) and is delivered via MS Teams

Wed 24th Sept until 10^h December 2025
from 7.30- 9.30pm

What next?

After completing the course you may want to train to become a volunteer Parent Group Leader yourself and deliver the 'Being a Parent' course to parents just like you!