

EMPOWERING PARENTS, EMPOWERING COMMUNITIES

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

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 Tuesday for 8 weeks - 7.30pm - 9.30pm

Beginning Tuesday 23rd September - 25th November 2025

All sessions are held on Microsoft Teams.
The link will be sent out prior to the course starting

There will be no session in half term

