

EPEC - Empowering Parents Empowering Communities Programme

31st October 2022

Hello,

My name is Emily Burzacki and I work for HCRG Care Group (Health Visitors) Myself and Alison Redican are the EPEC leaders for the North Team.

At HRCG we are starting to deliver a parenting course called EPEC - Empowering Parents Empowering Communities Programme which is run by parents for parent's and we always get great feedback from people who attend

Youtube clip about EPEC

- <https://www.youtube.com/watch?v=lkfEdhGSuBQ&list=PLtqcqZxTf21YQ5J3mdNXIhFY23kGoFseb&index=17>

We are looking for parents who would like to join the EPEC journey with us. They will complete a FREE 10 ½ day session training course and then they would become Parent Group Leaders.

After they have completed the EPEC training they will then go onto the deliver the course to a group of parents so they can support parent's to bring up confident, happy and co-operative children

EPEC is already up and running in the East so we are now rolling it out across the other Lancashire districts.

All volunteers will need to be DBS checked and have some references.

Please feel free to call/email if it doesn't make any sense or would like more information and I am more than happy to have a face to face meeting if this is easier.

If you are able to spread the word for us that would be great and if you have any parents who are interested please pass my details along so they can get in contact with me.

Kind regards,

Emily

Emily Burzacki

Healthy Family Practitioner

Lancaster 0-19 Team

Lancashire healthy Young People and Families

Single Point of Access

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