



# Being a Parent Course

Empowering Parents, Empowering Communities (EPEC)

**'Being a Parent'**  
is a group for parents of children aged 0-5 years  
run by trained parents

By coming to this group, you will:

- Understand your child better & learn ways to manage their behaviour
- Gain confidence, meet new people and have fun
- Share experiences with other parents and support other parents in your community
- Find out how you could go on to lead this group in your own community

**Groups start with a coffee morning, then run for 2 hours per week for 8 weeks, led by 2 parent group leaders, and with a maximum of 12 parents**

Being a Parent groups will be taking place at venues below, starting with a coffee morning, then running for 8 weeks:

Tuesday 7th May: 10am—12pm  
St Andrews, Chelmsley Wood, B37 7TR

Tuesday 7th May: 12.30pm— 2.30pm  
Meriden Methodist, CV7 7NJ

Thursday 9th May: 9.30am-11.30am  
Yorkwood School, B37 6DF

Friday 10th May: 9.30am-11.30am  
Lyndon Methodist, B92 7QS

To find out more & book your place,  
please contact Lisa Baker by email to: [bsmhft.parenting@nhs.net](mailto:bsmhft.parenting@nhs.net)  
or on telephone number: 0121 301 2773



**Believe in  
children**



**Barnardo's**



**Solihull**  
METROPOLITAN  
BOROUGH COUNCIL