

# BEING A PARENT COURSE



EMPOWERING  
PARENTS  
EMPOWERING  
COMMUNITIES

**FREE 8-week course for Mothers, Fathers and Other Caregivers of children aged 2–8 years**

## Connect. Learn. Grow.

Join a welcoming 8-session programme led by trained local parents for local parents.

### > Why join?

- Build confidence in your parenting
- **Opportunity to become a Trained Parent Group Leader**
- Understand your child's feelings and behaviour
- Explore positive discipline strategies
- Strengthen parent-child connection, listening and communication
- Find practical ways to manage stress
- Meet other parents in a safe, supportive space

### > What will we explore?

Each week offers friendly discussion, no lectures, just real conversations, practical evidence-based activities and time to reflect on the topics that matter to you and your family

- Being a parent`
- Play and listening
- Understanding children's behaviour
- Listening and communication
- Feelings
- Valuing my child
- Discipline strategies

### > Course details:

Date: **Wednesday, 7 October 2026 - 9 December 2026**  
(one 2-hour session weekly)

Time: 9:45am to 12 noon

Location: Ponders End Youth & Family Hub, 141 South Street, EN3 4PX (Register before attending)

Free refreshments will be provided

Certificate Award  
Celebration on  
completion

### > Interested?

Click this link or scan QR code to register:

[EPEC - Being A Parent Course Referral Form \(Group\) – Fill in form](#)



Email: [parentingprogrammes@enfield.gov.uk](mailto:parentingprogrammes@enfield.gov.uk)

<https://enfieldparentingdirectory.co.uk>

