

## What is the EPEC Living with Teenagers Parent Course?

The Empowering Parents Empowering Communities (EPEC) Living with Teenagers course aims to develop parents understanding of adolescent development, effective parent-teen communication and family relations.



The **Living with Teenagers** course creates a trusting group ethos, where parents are encouraged and supported to explore:

- Positive behaviour management and discipline strategies.
- Managing parent and family stress.
- Understanding and managing teen feelings.
- Parent listening, communication and boundaries.
- Parenting styles, roles, expectations, and culture.

## Why is it different?



The **Living with Teenagers** Course runs over 7 weeks and is completely free. It is run by Parents for Parents. They receive ongoing support and supervision from the EPEC Hub. Their experiences, backgrounds, skills, and qualities make each session inviting and engaging.

## Who is the course for?

The **Living with Teenagers** Course is aimed at parents in Leeds who have one or more children between the ages of 10 to 16 years.

The course contents relate well to moving up to High School and does not run during school holidays.



## Where and when is it?

Nowell Mount Community Centre, Harehills LS9 6HH ~  
12.30pm – 2.30pm Thursday 6<sup>th</sup> June 2024 for 7 weeks.

To book a place (or for more information)  
Email [leeds.epec@leeds.gov.uk](mailto:leeds.epec@leeds.gov.uk)  
or call/message Barbara on 07891 270311

