

# Empowering Parents, Empowering Communities (EPEC) Baby & Us

Connect with other parents and learn practical ways to support your baby's development.



**A supportive programme for parents with babies aged 0–12 months**

## Key Information:

**Day:** Thursday

**Dates:** 7 May – 9 July

**Time:** 10:00am – 12:15pm

**Duration:** 9 weeks

**Location:** Altmore Ave, London E6 2BX

✉ [parenting@newham.gov.uk](mailto:parenting@newham.gov.uk)

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# Empowering Parents, Empowering Communities (EPEC) Being a Parent

Build confidence and learn positive parenting strategies.



**For parents and carers of children aged 2–16 years**

## Key Information:

**Day:** Tuesday

**Dates:** 12 May – 14 July

**Time:** 10:00am – 12:00pm

**Duration:** 9 weeks

**Location:** Alternatives Trust East London

✉ [parenting@newham.gov.uk](mailto:parenting@newham.gov.uk)

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# Time Out for Fathers

A space for dads to connect, share experiences and support their children's development.



**For fathers with children aged 0–5 years**

**Key Information:**

**Day:** Wednesday


**Dates:** 6 May – 10 June

**Time:** 6:00pm – 8:00pm

**Duration:** 5 weeks

**Location:** Online via Microsoft Teams

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# Time Out for Parents: Autism

Learn practical ways to support your child and strengthen your relationship.



**For parents and carers of children aged 3–11 years**

## Key Information:

**Day:** Thursday

**Dates:** 4 June – 2 July

**Time:** 11:30am – 1:45pm

**Duration:** 5 weeks

**Location:** Shipman Youth Zone

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# Time Out for Parents: Autism (Bengali)

Support, guidance and practical strategies in your community.



**For Bengali-speaking parents and carers of children aged 3–11 years**

## **Key Information:**

**Day:** Tuesday

**Dates:** 2 June – 7 July

**Time:** 10:00am – 12:30pm

**Duration:** 6 weeks

**Location:** Online via Microsoft Teams

✉ [parenting@newham.gov.uk](mailto:parenting@newham.gov.uk)

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# Time Out for Parents: ADHD

Build confidence, learn practical strategies and connect with other parents.



**For parents and carers of children aged 3–11 years**

## Key Information:

**Day:** Tuesday

**Dates:** 2 June – 30 June

**Time:** 10:00am – 12:00pm

**Duration:** 5 weeks

**Location:** Shipman Youth Zone

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# Time Out for Parents: The Teenage Years

Understand your teenager and strengthen your relationship.



**For parents and carers of young people aged 11–18 years**

**Key Information:**


**Day:** Thursday


**Dates:** 14 May – 2 July

**Time:** 5:30pm – 8:00pm

**Duration:** 7 weeks

**Location:** Online via Microsoft Teams

 [parenting@newham.gov.uk](mailto:parenting@newham.gov.uk)

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# The Voice

A supportive space to understand unhealthy relationships and rebuild confidence.



## A 12-week support programme for adults

### Key Information:

**Day:** Thursday

**Dates:** 23 April – 16 July

**Time:** 10:30am – 1:30pm

**Duration:** 12 weeks

**Location:** Alternatives Trust East London

✉ [parenting@newham.gov.uk](mailto:parenting@newham.gov.uk)

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