



Being a Parent

Do you have a child aged 2-11?

Our **FREE** course helps you to understand your child's behaviour

- Term time only
- Course for Durham parents, led by Durham parents

Start Date	Time	Location
Tuesday 23 April 2024	10.00am to 12.00 noon	Newton Aycliffe Family Hub
Wednesday 24 April 2024	10.00am to 12.00 noon	Horden Family Hub
Wednesday 24 April 2024	6.00pm to 8.00pm	Stanley Family Hub
Thursday 25 April 2024	10.00am to 12.00 noon	Chester-le-Street Family Hub



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES

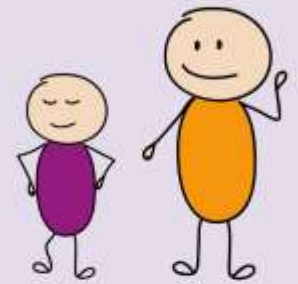


For more information www.durham.gov.uk/EPEC



**Learn
positive
strategies to
help you as
a parent**

**9 week
course for
2 hours a
week**



Take time out for yourself

Meet other parents

**Being a
Parent**

**Get practical
support for day to
day challenges of
being a parent**

