

# Being a Parent

Empowering Parents, Empowering Communities (EPEC)

## Become an EPEC Group Leader

Empowering Parents, Empowering Communities (EPEC) is a successful, popular, unique parenting approach. EPEC is *for* local parents, *led by* local parents. As a Volunteer EPEC parent group leader, you will:

- ★ Receive an amazing free training and support from our local EPEC team.
- ★ Learn to lead practical, caring groups for local parents.
- ★ Share tried and tested methods that give children the best start in life.
- ★ Join a group of like-minded parents to make a difference to your local community.
- ★ Develop your skills and confidence.
- ★ Gain experience that will help you to fulfil your ambitions.

**Training Dates – Every Wednesday (term-time) for 16 weeks, starting 25th February 2026 – (9.30am-2pm)**



Scan the QR  
code to apply  
now

For more information please contact  
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Email: [Lynn.Wragg@zestcommunity.co.uk](mailto:Lynn.Wragg@zestcommunity.co.uk)

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