



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES



Being a Parent ASD Course

Empowering Parents, Empowering Communities (EPEC)

**For parents of children aged 5 and over
with an Autism Diagnosis or awaiting one**

10 sessions
The more sessions
you attend the more
you will gain!

Delivered for Parents by Parents:

The course helps parents learn practical communication skills for everyday life & bring up confident, happy and co-operative children.

You will leave this course feeling better able to:

- Help others by sharing your experience as a parent
- Support your children as they move from primary to secondary school
- Create a calm and peaceful family life

Spring Course Details:

Tuesdays at St Mark's Community Centre: 218 Tollgate Road, E6 5YA
11th January to 22nd March 2022 @ 10:00am to 12:30pm

These groups are all facilitated by experienced parents who work with you to share your experiences and strategies with others along with evidence based tools that will help you and your family.

You will learn more about how:

- Autism can affect your child and how you and your family are impacted
- Everyday strategies and routines can influence development and manage effects of Autism in children
- Ways to support behaviour, meeting children's needs and reducing meltdowns

For more information and to sign up contact:

E: Headstart.ProgrammeTeam@newham.gov.uk

W: www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/





EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES



Being a Parent Courses

Empowering Parents, Empowering Communities (EPEC)

Delivered for Parents by Parents:

The course helps parents learn practical communication skills for everyday life & bring up confident, happy and co-operative children.

You will leave this course feeling better able to:

- Help others by sharing your experience as a parent
- Support your children as they move from primary to secondary school
- Create a calm and peaceful family life

The more sessions you attend the more you will gain!

Spring Course Details:

ASD Course
Tuesdays
(St Marks Community Centre, E6 5YA)
Start: 11th Jan 2022
End: 22nd March 2022
Time: 10am–12:30pm

Wednesdays
(Virtual - Zoom)
Start: 26th Jan 2022
End: 30th March 2022
Time: 12pm - 2pm

Thursdays
(Virtual - Zoom)
Start: 20th Jan 2022
End: 24th March 2022
Time: 6pm - 8pm

Fridays
(Southern Road Primary School)
Start: 14th Jan 2022
End: 18th March 2022
Time: 10am - 12pm

These groups are all facilitated by experienced parents who work with you to share your experiences and strategies with others along with evidence based tools that will help you and your family.

For more information and to sign up contact:

E: Headstart.ProgrammeTeam@newham.gov.uk

W: www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/

