

Empowering Parents, Empowering Communities



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES

Parent Group Leaders

Would you like to support other parents?
Do you have some spare time?
Do you enjoy learning? Being part of a team?
Would you like to learn new skills?
Gain experience in delivering courses?

If yes, we may have an opportunity for you...
We are looking for volunteers to train to
deliver a parenting course to other parents
Discussion based, fun, child centred approach
Build relationships, improve mental health,
support children and adults with simple to
follow techniques. Plus its all free!



What is EPEC and what are our Parent Group Leaders?

Empowering Parents, Empowering Communities (EPEC) is a volunteer-led, evidence-based parenting programme. Building on their existing skills, we train parents to become Parent Group Leaders (PGLs) who deliver EPEC sessions to other parents.



Our PGLs receive training, ongoing supervision and support from an EPEC Hub Coordinator based within Nottinghamshire County Council.

What is the commitment and what's in it for the volunteers?

PGLs must complete 60 hours of training (a mix of online sessions, group discussions, reading, watching short films, activities to complete at home along with some formal reflection on the learning). PGLs will be equipped to train online and in person.



PGLs receive:

- Free personal development opportunities with support in progressing a career working with families
- Ongoing training, support and supervision
- Out of pocket expenses covered

How to find out more and upcoming dates

PGL training occurs termly .

To register your interest, or for more info, please email: epec@nottscc.gov.uk telling us your locality
South Nottinghamshire (Gedling, Broxtowe, Rushcliffe)
North Nottinghamshire (Newark, Sherwood and Bassetlaw)
West Nottinghamshire (Mansfield and Ashfield)



Nottinghamshire
County Council