



EMPOWERING  
PARENTS  
EMPOWERING  
COMMUNITIES

# An 8-week online group by dads for dads



Tuesday 3rd May - 5th July



Use QR code or link to register or  
email [EPECProject@slam.nhs.uk](mailto:EPECProject@slam.nhs.uk)

Tuesday evenings  
7-8.30pm on Zoom

## What other dads said...

*"When I signed up I expected a tonne of advice and strategies. What I didn't expect was the sense of community I got from a bunch of dads who genuinely seem to understand."*

*S, dad of two, Lewisham*

*"I'm amazed with the honesty and openness from the group. Great sessions, useful tips and practical advice to help manage my two young boys. It's a regular feature of my week that I look forward to."*

*N, dad of two, Lambeth*

Good  
parenting  
ideas based  
on science,  
research &  
experience

**NHS**