



Are you a parent or carer of a  
child?

Are you having difficulties with  
your child's behaviour ?

Are you being attacked verbally  
or physically?

Are you blamed?

Do you feel like nobody is  
listening to you?

Do you live in fear?

Do you feel alone?

**IF THE ANSWER IS YES WE  
CAN HELP**



Please get in touch if you would like  
to attend our programme

**[hello@pegssupport.com](mailto:hello@pegssupport.com)**



# E.P.I.C

A group programme that provides emotional and practical support for parents, carers and guardians who are living with a child who is displaying abusive, violent or out of control behaviours



- 9 week programme
- Created by those with lived experience
- Focuses on practical and emotional support
- Discusses behaviour and communication
- Safety and risk
- Working with professionals
- Trauma responses
- Increases confidence
- Empowers
- Informs

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