

Sue - an EPEC parent group leader from Stockport

[Video clip: Sue seated in passenger seat of car, speaking to camera]

“Hi I’m Sue. I’m 38 and a single mum of four children. A girl of 16, a boy of 14, a boy 11 and a girl of 2. I was finding teenage years a real struggle. And then I found out about EPEC and the Living With Teenagers course. That course gave me so many tools, so much support. And I use them tools daily now. I found my household to be a lot calmer. You know there’s a lot more understanding of what my kids are going through. Whilst doing that course I then learnt about the PGL training. I did that course and I loved every second of it. I loved the amount of support I got, the amount of help, the amount of learning that I did. And I just love everything about EPEC and the ethos that it stands for. And I just think I can’t wait to get started and to help more parents who are in my situation understand and find tools that work within their household.”