



Barking & Dagenham

EPEC- Autism



A ten-week parenting course for families in Barking & Dagenham with a child under four years old who is autistic or experiencing social communication differences.

It aims to help parents develop **practical skills, confidence and connections** with others. The course runs from Thursday 23rd April 2026 for ten weeks at the Sycamore Trust UK offices in Dagenham, from 10am-12.30pm (**excluding May 28th – May half term**), finishing on 2nd July.

Please note there are no creche facilities available.

To register, interested families must meet eligibility criteria and contact epecbbd@sycamoretrust.org.uk or call 020 8517 9317. Space are limited



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES



Barking &
Dagenham
**Family
Hub**