

Empowered Parents Instilling Confidence (EPIC)

Course Outline

The logo for the American Counseling Association (ACM) is a yellow circle with the lowercase letters 'acm' in black.

Module 1

Building a Strong Parenting Foundation

- Reflect on your family dynamics and explore your parenting mindset.
- Learn the 6-step ACM framework and how confidence is built.

Module 2

Raising Courageous, Resilient Kids

- Help your child believe in themselves and take small, brave steps.
- Support them in facing fears and expanding their comfort zone.

Module 3

Teaching Kindness and Character at Home

- Teach your child how to be kind to themselves and others.
- Co-create family values that foster empathy, respect, and connection.

Module 4

Creating a Calm, Connected Family Routine

- Build consistent routines that reflect your goals and values.
- Learn how to reflect and grow through regular, intentional practice.

Module 5

Celebrating Growth and Setting Your Family Up for Success

- Celebrate your family's growth and boost long-term motivation.
- Create a sustainable plan for continued confidence and connection.