

Small changes, big differences.



FREE TEEN Triple P Parenting Programme For Parents of Teenagers 11-15 years

7 week GROUP programme (4 weeks where we meet for 2 hours each week followed by 2 weeks of phone calls & final week where we meet back together)
The Programme gives you tips and strategies to help parents cope positively with the challenges of raising a teenager.

This programme looks at

- Ways to build a stronger relationship with your teenager
- Tips to reduce family conflict
- Strategies to manage problem behaviours
- Ways to support your teenager to become more independent and to stay safe

Date	Time	Location
Tuesday 30 th January'18	7.30-9.30pm	Youth Café Sub Project, Main St, Birr.
Thursday 8 th February'18	10am-12pm	Tullamore Community & Family Resource Centre.

Bookings and Information

To book your place call the Midland Area Parenting Partnership Office at 090 6447111 or text Helen 0879875107/Tracey 0877041999

For more information you can look at our website www.triplep-parenting.net

Or find us on facebook **TRIPLEPMAPP**