



**Brilliant
Parents**
Transforming
Children's Lives

Triple P Teen Course



Triple P Teen - Six-week course
Tuesday 1st February 2022 - Tuesday 15th March 2022
(Excluding half term Tuesday 15th February 2022)
6pm - 8pm
Delivered via Zoom

IS THIS YOUR FAMILY?

Other parents don't seem to have it as tough as you. Your teenager constantly misbehaves. Your family life is full of frustration, anger and tears. There's probably a lot of shouting and your child may even be aggressive – perhaps hitting out....or you may just have a few concerns about your teenager, perhaps defiance is on the increase and you simply don't know how to handle it in a calm manner.

Triple P (Positive Parenting Programme) is an approach to raising teenagers that aims to promote appropriate teenager development and the management of teenagers' behaviour in a constructive and non-hurtful way. It is based on the use of good communication and positive attention to help teenagers develop the skills they need.

This six-week Triple P course for teenagers will enable you to learn more about positive parenting and how you can apply it to your family. If you're ready for a more in-depth look at parenting strategies for teenagers that really work, then this course is for you

**For further information - please contact
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