



**Brilliant  
Parents**  
Transforming  
Children's Lives

# Triple P Teen Course



**Triple P Teen - Six-Week Course**  
**Tuesday 3<sup>rd</sup> October 2023 - Tuesday 14<sup>th</sup> November 2023**  
**(Excluding Tuesday 24<sup>th</sup> October 2023)**  
**Park Academy West London, Park View Road**  
**Uxbridge UB8 3GA**  
**6pm – 8pm**

## 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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