

Small changes,  
big differences.



## **FREE** Standard Triple P Takes the guesswork out of parenting

New positive parenting course starts soon...

What Triple P can do for you:

Encourage behaviour you like

Deal with problem behaviour

Become confident as a parent

Be realistic about parenting

Take care of yourself

**DATE:** Starts on - 26<sup>th</sup> September 2022  
to 7<sup>th</sup> November 2022

**DURATION** – 7 weeks

**DAYTIME:** Monday 09:30 – 11:30

Face to Face at Belmont Community Centre  
Hereford

**BOOKINGS AND INFORMATION** Course is 7 sessions long (2 sessions are by phone). This is a free course for parents, caregivers or guardians of children between the ages of 2- 11.

For more information contact: Tracey Spencer on 01432 383651 or email

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[www.triplep-parenting.net](http://www.triplep-parenting.net)

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