

# Small changes, big differences.



## **FREE** Group Teen 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 Friday 14<sup>th</sup> June to 19<sup>th</sup> July

**DURATION** – 6 weeks

**Daytime** : Friday 10:00 – 12:00 (Hereford City)

All sessions must be attended

### **BOOKINGS AND INFORMATION**

This is a free course for parents, caregivers or guardians of children between the ages of 11-16. For more information contact: [parentinggroups@herefordshire.gov.uk](mailto:parentinggroups@herefordshire.gov.uk) or Children's Help and Advice Team on 01432 260261 **Please note: Self Referrals Only**

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