

# Small changes, big differences.



## **FREE** Stepping Stones Triple P

Parenting course for parents of children with a diagnosed additional  
need. The Power Of Positive Parenting

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 – Monday 30<sup>th</sup>  
September 4<sup>th</sup> November

**DURATION – 6 weeks**

**DAYTIME:** – 12:30 – 14:30

**At:** Hereford Town Hall

10 St Owen Street

Hereford

**All sessions must be attended**

### **BOOKINGS AND INFORMATION**

Course is 6 sessions long (1 session is by phone). This is a free course for parents, caregivers or guardians of children between the ages of 2-11.

For more information or to book a space please email - [parentinggroups@herefordshire.gov.uk](mailto:parentinggroups@herefordshire.gov.uk)