



Teen Triple P Parenting Group



Kids and teens don't come with an instruction manual. There *is* no hard-and-fast rule book for raising teenagers but it's surprising how many familiar parenting problems have very simple solutions. From staying out late, teenage defiance, the struggle to set up healthy eating patterns or a regular homework routine — the issues you face aren't peculiar to your family. In fact, they're commonplace. That's why Teen Triple P can help

Sessions include:

- Causes of Children's Behaviour
- Building Positives Relationships
- Promoting desirable behaviours
- Managing Misbehaviour

Dates of the next courses are:

VIRTUAL Group

Wednesday 9th February 2022 at 10am-12pm

(For 8 weeks – no session during half term holiday)

This group will be delivered virtually via Microsoft Teams (Instructions and a link will be sent to parents/carers once you book a place)

3 of the sessions will be telephone contact between you and the Triple P practitioner to support you to put the strategies in place at home

If you are a parent or carer and you would like further information or to book a place on one of the above course then please contact us by email:

Email: wellbeing@walsallhealthcare.nhs.uk

If you have any questions please contact School Nursing Single Point of Access on 01922 423349

Free!

