



## Triple P Parenting Group

For parent & Carers of children aged 5-11 years old



Perhaps you want help with a specific problems like tantrums or sleeping, bullying. Perhaps you don't have a specific problem but just want some easy to understand information and tips on parenting in general and what to expect at your child's stage of development. And as one of the only evidence-based parenting programs available, with over 30 years of proven clinical research to back it up, you can be sure Triple P works for the majority of families.

Sessions include:

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

Dates of the next courses are:

### **Group 1 (FACE TO FACE Group)**

**Tuesday 8<sup>th</sup> February 2022 at 10am-12pm**

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

The group will take place at: Harden Health Centre (1<sup>st</sup> Floor – School Nurses), Harden Road, Walsall, WS3 1ET ***(Please note that there are limited places available on our face to face groups due to Covid regulations)***

### **Group 2 (VIRTUAL Group)**

**Wednesday 9<sup>th</sup> February 2022 at 6pm-8pm**

(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](mailto:wellbeing@walsallhealthcare.nhs.uk)

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

