

Small changes,  
big differences.



## **FREE TEEN Triple P Parenting Programme For Parents of Children 11-15 years**

7 week GROUP programme (4 weeks where we meet for 2 hours each week followed by 2 weeks of phone calls & final week where we meet back together) The Programme gives you tips and strategies to help parents cope positively with the challenges of raising a teenager.

This programme looks at

- Ways to build a stronger relationship with your teenager
- Tips to reduce family conflict
- Strategies to manage problem behaviours
- Ways to support your teenager to become more independent and to stay safe

Date	Time	Location
<b>Tuesday 30<sup>th</sup> January 2018</b>	<b>10-12md</b>	<b>Treo Nua Family Resource Centre, Harpurs Lane, Portlaoise.</b>
<b>Wednesday 7<sup>th</sup> February</b>	<b>7-9pm</b>	<b>Education Centre, Block Road, Portlaoise.</b>

**Bookings and Information.**

**Booking is Essential**

To book your place call the Midland Area Parenting Partnership Office at **090 6447111** you can phone, book in online or look at our website

[www.triplep-parenting.net](http://www.triplep-parenting.net) or call Deirdre 0860274837/ Sinead 0868215102.