



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

The next course starts on:

Wednesday 5th February 2020
6-8pm

(Please note – there is no session during the half term holiday)

And runs for 8 weeks at Walsall Manor Hospital,

3rd floor, Learning & Conference Centre. Moat Road, Walsall, WS2 9PS

(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 the above course then please contact us by email or phone:

Email: wellbeing@walsallhealthcare.nhs.uk

Phone: Sam Masood (School Nursing Service) on Tel: 01922 423292

Free!

