

Small changes,  
big differences.



**Face to face: Triple P TEEN** (age:11-19 years)

**TIME: 12:45 – 3pm** (please arrive 10mins early for prompt start)

Triple P allows parents to choose techniques that work best for them and their families.

This 7-week course will introduce parents to positive parenting strategies, influences on children's behaviour how to develop good relationships, encouraging behaviour you want and ways of managing misbehaviour by planning-ahead.

<b>Session 1</b>	March 3 <sup>rd</sup>	Positive Parenting
<b>Session 2</b>	March 10 <sup>th</sup>	Helping Teenagers Develop
<b>Session 3</b>	March 17 <sup>th</sup>	Managing teenagers misbehaviours
<b>Session 4</b>	March 24 <sup>th</sup>	Planning Activity
<b>Session 5</b>	March 31 <sup>st</sup>	consultation <b>phone call - No Group - Time TBA</b>
<b>Session 6</b>	April 7 <sup>th</sup>	Final: Certificate upon completion
<b>Session 7</b>	April 14 <sup>th</sup>	Consultation <b>phone call - No Group - Time TBA</b>

**Venue: EYE CHILDREN'S CENTRE, Church Road, EYE Suffolk**

**Referrals:** <https://earlyhelpportal.suffolk.gov.uk/web/portal/pages/home> parents and professionals  
**SCC Professionals EHM & LCS access via Liquid Logic basic demographic page**

**\*SUBJECT TO COVID: Masks/optional, sanitisation stations, water will be available. Kindly provide your own refreshments**

**\*Upholding COVID legislation by keeping people safe and adhere to Gov./SCC guidance at all times**

**Facilitator/s: Naomi Hunnibell Area Parenting Coordinator & Charlotte Linnett**

**CONTACT US** [parenting@suffolk.gov.uk](mailto:parenting@suffolk.gov.uk) subject: Central & South

Alternatively Visit our Parenting Calendar ; [www.suffolk.gov.uk/theparenthub](http://www.suffolk.gov.uk/theparenthub) - For all our parenting programmes locally to you