

Small changes,
big differences.



FREE Standard Triple P Takes the guesswork out of parenting

New positive parenting course starts soon...

What Triple P can do for you:

- Encourage behaviour you like
- Deal with problem behaviour
- Become confident as a parent
- Be realistic about parenting
- Take care of yourself

DATE: Starts on - Thursday 25th January
until Thursday March 7th 2024

DURATION – 7 weeks

DAYTIME: Monday 09:30 – 11:30

Hereford Room, Plough Lane Offices

BOOKINGS AND INFORMATION This course is 7 sessions long This is a free course for parents, caregivers or guardians of children between the ages of 2- 11. For more information contact: parentinggroups@herefordshire.gov.uk or call Children's Help and Advice Team on 01432 260261 – Please note: **Self Referrals Only**

www.triplep-parenting.net

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