



Positive Parenting Programme

FREE

GROUP SESSIONS

Do you have children aged 2-11 years? A Positive Parenting Programme group session could help you be a better parent. Groups discuss how parents can work with their children using tried and tested parenting techniques.

Groups consist of four or five sessions, at a school or Children's Centre, three pre-arranged telephone calls from a Triple P practitioner at a time convenient to you, plus a follow-on meeting.

Sessions help parents/carers to think about how they are bringing up their children and ways to make changes.

A session will be running at:

VENUE: Forest Gate Children's Centre - Maryland

TIME: 9.30-11.30am

DATE: Tuesday's 15, 22, 29 Jan and 5 Feb group sessions

12 and 19 Feb telephone calls

26 Feb final group session



For more information please contact: Ana or Farida

Forest Gate Children's Centre- Kay Rowe

Tel: 020 8534 4403

