

# Free parenting courses at Dudley Borough Family Hubs

Triple P is a parenting programme, but it doesn't tell you how to be a parent. It's more like a toolbox of ideas. You and your family choose the ideas you need. You decide the way you want to use them. It's all about making Triple P work for you.

It aims to create supportive family environments, and to prevent, as well as treat, behavioural and emotional problems in children and teenagers.

Starting in May Dudley Council is hosting several free group courses at our Family Hubs. **Book now** to avoid disappointment.

<b>Triple P Teen Monday</b> <b>(For parents/carers of children aged 11 - 16)</b>  Positively influence your teenager's development and life skills – a full toolkit of proven tips and ideas!  You choose what works for you - adapt to suit your family, your values Be confident about handling each new age, stage and situation  Videos and fun interactive learning.  <b>Got a question? Contact us on our <a href="#">Dudley Parents Website</a></b>	Course length	Duration of each session	
	6 Weeks	2 hours	
	Location	Time	Book
	Family Hub @Halesowen Leisure Centre, B63 3AF	<ul style="list-style-type: none"> <li>Monday, 12 May 2025</li> <li>Monday, 19 May 2025</li> <li>Monday, 02 June 2025</li> <li>Monday, 09 June 2025</li> <li>Monday, 16 June 2025</li> <li>Monday, 07 July 2025</li> </ul> Mondays 12:45 - 2:45pm	<a href="#">Book now</a>

