

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.

Course name	Course length	Duration of each session	
Triple P Group (For parents/carers of children aged 18 months to 11 years) Are you worried about your child's behaviour? Do you want to prevent issues from getting bigger? Or perhaps you just want to feel prepared for whatever might come your way. If you've already tried some ways to help but haven't yet seen the results you want, joining Group Triple P can provide support. Through a series of group and one-to-one sessions, you'll learn all the strategies of positive parenting, how to encourage the behaviour you want to see, and create a specific plan that's right for your situation. Get the support you need to boost your parenting skills, confidently deal with challenges and maintain positive changes. Got a question? Contact us on our Dudley Parents Website	6 Weeks	2 hours	
	Location	Time	Book
	Lye Family Hub Lye By-Pass, Lye, Stourbridge, West Midlands, DY9 8HT	<ul style="list-style-type: none"> Tuesday, 06 May Tuesday, 13 May Tuesday, 20 May Tuesday, 03 June Tuesday, 10 June Tuesday, 01 July Tuesdays 09:45-11:45am	Book now
	Brierley Hill Family Hub 18 Parkes Street, Brierley Hill, West Midlands, DY5 3DY	<ul style="list-style-type: none"> Monday, 12 May 2025 Monday, 19 May 2025 Monday, 02 June 2025 Monday, 09 June 2025 Monday, 16 June 2025 Monday, 07 July 2025 Mondays 10:00 - 12:00pm	Book now
	Family Hub @Halesowen Leisure Centre, B63 3AF	<ul style="list-style-type: none"> Monday, 12 May 2025 Monday, 19 May 2025 Monday, 02 June 2025 Monday, 09 June 2025 Monday, 16 June 2025 Monday, 07 July 2025 Mondays 10:00 - 12:00pm	Book now