

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.

Course name	Course length	Duration of each session	
Triple P Fearless (for parents/carers whose child (aged 6 plus) is experiencing anxiety which affects their everyday life, to develop ways to help their child become more emotionally resilient) Help your child manage anxiety and become more emotionally resilient. This full toolkit of tips and ideas really works! Get a better understanding of anxiety and fear and what can be done about it. Know what to do when your child is anxious or upset. A whole range of tools and strategies based on proven principles. You choose what works for you – adapt to suit your family, your values, includes videos and fun interactive learning. Got a question? Contact us on our Dudley Parents Website	Course length	Duration of each session	
	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, 13 May 2025 Tuesday, 20 May 2025 Tuesday, 03 June 2025 Tuesday, 10 June 2025 Tuesday, 17 June 2025 Tuesday, 24 June 2025 Tuesday, 01 July 2025 Tuesdays 12:30 - 14:30	Book now