

Small changes,  
big differences.



## Triple P Discussion Groups

### For School-Aged Children

Learn how to set boundaries and create routines that work for your family. All sessions will offer basic strategies and ideas for anyone who wants to help their child to be the best they can be.

#### Dealing with Disobedience

Thursday 21st September 2023, 10:00am-12:30pm

Paulsgrove Family Hub, Cheltenham Road, Paulsgrove, Portsmouth, PO6 3PL  
T: 02392 88 25 88

#### Coping with Teen Emotions

Tuesday 10th October 2023, 11:30am - 14:00pm

Milton Park Family Hub, Perth Road, Southsea, PO4 8EU  
T: 02392 88 25 88

#### Reducing Family Conflict

Tuesday 17th October, 10:00am - 12:30pm

Paulsgrove Family Hub, Cheltenham Road, Paulsgrove, Portsmouth, PO6 3PL  
T: 02392 88 25 88

#### Managing Fighting and Aggression

Thursday 23rd November, 6:00pm – 8:30pm

Paulsgrove Family Hub, Cheltenham Road, Paulsgrove, Portsmouth, PO6 3PL  
T: 02392 88 25 88

**TO BOOK YOUR PLACE, PLEASE CALL THE RELEVANT FAMILY HUB**

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big differences.



## **Triple P Discussion Groups**

### **For School-Aged Children**

Learn how to set boundaries and create routines that work for your family. All sessions will offer basic strategies and ideas for anyone who wants to help their child to be the best they can be.

#### **Getting Teens to Cooperate**

Tuesday 5th December, 10:00am - 12:30pm

Paulsgrove Family Hub, Cheltenham Road, Paulsgrove, Portsmouth, PO6 3PL  
T: 02392 88 25 88

#### **Dealing With Disobedience**

Tuesday 12th December, 10:00am – 12:30pm

Somerstown Family Hub, Omega St, Southsea, PO5 4LP  
T: 02392 88 25 88

**TO BOOK YOUR PLACE, PLEASE CALL THE RELEVANT FAMILY HUB**

02392 88 25 88