

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

Tuesday 9th January, 10:00am - 12:30pm

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

Coping with Teen Emotions

Thursday 25th January, 10:00am - 12:30pm

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

Reducing Family Conflict

Thursday 1st February, 10:00am - 12:30pm

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

Getting Teens to Cooperate

Tuesday 6th February, 12:00pm - 2:30pm

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

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.

Getting Teens to Cooperate

Tuesday 20th February, 10:00am - 12:30pm

Milton Park Family Hub, Perth Road, Southsea, PO4 8EU

T: 02392 88 25 88

Managing Fighting and Aggression

Thursday 29th February, 10:00am - 12:30pm

Paulsgrove Family Hub, Cheltenham Road, Paulsgrove, Portsmouth, PO6 3PL

T: 02392 88 25 88

Managing Fighting and Aggression

Tuesday 12th March, 12:00pm - 14:30pm

Milton Park Family Hub, Perth Road, Southsea, PO4 8EU

T: 02392 88 25 88

Getting Teens to Cooperate

Tuesday 19th March, 10:00am - 12:30pm

Paulsgrove Family Hub, Cheltenham Road, Paulsgrove, Portsmouth, PO6 3PL

T: 02392 88 25 88

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.

Reducing Family Conflict

Tuesday 26th March, 18:00pm - 20:30pm

Paulsgrove Family Hub, Cheltenham Road, Paulsgrove, Portsmouth, PO6 3PL

T: 02392 88 25 88

Dealing with Disobedience

Wednesday 27th March, 12:00 pm—2:30pm

Somerstown Family Hub, Omega St, Southsea, PO5 4LP

T: 02392 88 25 88

TO BOOK YOUR PLACE, PLEASE CALL THE RELEVANT FAMILY HUB

Updated 04/01/204

www.triplep.net