

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**

Thursday 11th April, 10:00am - 12:30pm

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

#### **Dealing with Disobedience**

Wednesday 23rd April 10:00 - 12:30PM

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

#### **Coping with Teen Emotions**

Wednesday 22nd May 10:00 - 12:30PM

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

**TO BOOK YOUR PLACE, PLEASE CALL THE FAMILY HUB NUMBER  
AND  
SELECT THE RELEVANT FAMILY HUB FROM THE OPTIONS LIST**

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### **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.

#### **Managing Fighting and Aggression**

Tuesday 11th June 11:00 - 1:30pm

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

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

Thursday 18th July 10:00am - 12:30pm

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

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12/03/2024