

Psychology of Parenting Programme

Who is it for? - Parents who are starting to think they would like some help with their child's behaviour, living in East Renfrewshire.

Age of children: 3-8 years old

Topics include: Looking after you as a parent, building strong relationships for each parent and child, trying out different behaviour techniques, special ways of dealing with more difficult behaviour through play.

Duration: 8 or 14 week programme

Email: PoPP@eastrenfrewshire.gov.uk or ask your health visitor, nursery or school about the programme.

2020 PoPP Programme

Programme	Venue	Dates / Times	Practitioners
<p>Incredible Years</p> <p>(IY)</p> <p>14 week programme</p>	<p>Arthurlie Family Centre</p> <p>(With Crèche Facility)</p>	<p>Thursday</p> <p>09:15 am – 11:15 am</p> <p>Feb: 20th, 27th Mar: 5th, 12th, 19th, 26th</p> <p>Apr: 2nd, 9th, 16th, 23rd, 30th May: 7th, 14th, 21st</p>	<p>Roslyn Graham</p> <p>and</p> <p>Pamela Robertson</p>
<p>Incredible Years</p> <p>(IY)</p> <p>14 week programme</p>	<p>Calderwood Lodge</p>	<p>Tuesday</p> <p>09:30 am – 11:30 am</p> <p>Feb: 18th, 25th Mar: 3rd, 10th, 17th, 24th, 31st</p> <p>Apr: 7th, 14th, 21st, 28th May: 5th, 12th, 19th</p>	<p>Julie Shields</p> <p>and</p> <p>Anette Duignan</p>

<p>Incredible Years (IY) 14 week programme</p>	<p>Madras Family Centre</p>	<p>Wednesday 09:30 am – 11:30 am Feb: 19th, 26th Mar: 4th, 11th, 18th, 25th Apr: 1st, 8th, 15th, 22nd, 29th May: 6th, 13th, 20th</p>	<p>Julie Armstrong and Liz Brown</p>
<p>Positive Parenting Programme (Triple P) 8 week programme</p>	<p>Dunterlie Resource Centre</p>	<p>Monday 6:30 pm – 8:30 pm Apr: 20th, 27th May: 4th, 11th, (18th, 25th – phone discussion) Jun: (1st – phone discussion), 8th</p>	<p>Sharon Mitchell and Samantha Cunningham</p>
<p>Incredible Years (IY) 14 week programme</p>	<p>Arthurlie Family Centre</p>	<p>Wednesday 09:30 am – 11:30 am Sep: 2nd, 9th, 16th, 23rd, 30th Oct: 7th, 14th, 21st, 28th Nov: 4th, 11th, 18th, 25th Dec: 2nd</p>	<p>Caroline Burns and Shona Taylor</p>
<p>Positive Parenting Programme (Triple P) 8 week programme</p>	<p>Eastwood Health Centre</p>	<p>Monday 09:30 am – 11:30 am Oct: 19th, 26th Nov: 2nd, 9th, (16th, 23rd, 30th – phone discussion) Dec: 7th</p>	<p>Andrea McGuire and Janice Clunie</p>

Discussion Groups

Topic	Venue	Date / Time	Practitioners
TBC	Madras Family Centre	Thursday 13 th February 9am – 11am	Sharon Mitchell and Janice Clunie
TBC	Eastwood Health and Care Centre (Rowan Rm)	Tuesday 28 th April 9am – 11am	Siobhan McQuade and Sam Cunningham
TBC	Carlubar Primary School	Thursday 25 th June 9am – 11am	Louisa Quick and Andrea McGuire
TBC	Cart mill Family Centre	Tuesday 24 th November 9am – 11am	Sharon Mitchell and Janice Clunie

