

Small changes, big differences.



Two hours is all you need for a Triple P Discussion Group Positive parenting help with Developing good bedtime routines.

DATE: 12th March
TIME: 9.30-11.30
VENUE: Carlibar Nursery Parent Room
Ages 2 - 8

PRESENTER: Louisa Quick & Sam Cunningham

BOOKINGS AND INFORMATION

to secure your space please email
PoPP@eastrenfrewshire.gov.uk

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www.triplep-parenting.net