

# Small changes, big differences.



## Triple P Takes the guesswork out of parenting

Are you a parent, grandparent or carer who has child/ren with challenging behaviours? Then Triple P might be for you. Aimed at supporting families of children aged 3 to 12 years.

Adult only weekly sessions where you will learn effective strategies to improve your relationship with your child whilst dealing confidently with their challenging behaviours. Watch video clips and take part in discussions.

The 8-week course is free and participations receive the Triple P Parents workbook. The programme is split into group sessions and 1:1 phone sessions.

Calderwood Primary School are going to be hosting a Triple P group starting January for more information contact them and book a space.

**Group details 24<sup>th</sup> January 2024 to 20<sup>th</sup> March 9:30 – 11:30**  
**(No group on February 14<sup>th</sup> school holidays)**

[www.triplep-parenting.net](http://www.triplep-parenting.net)