Living with Teenagers *can* be tough!!

Virtual Triple P Teen Parenting Course

Are you struggling with parenting your pre-teen or teen?

This effective, practical and intensive Triple P parenting course consists of weekly group and one to one sessions covering the following topics:

- Do you feel your child / teenager takes no notice of what you say?
- Do you wonder how to talk to them so they will listen…and how to listen so they will talk to you?
- Do you spend more time arguing than laughing?
- Are you worried about issues at school?
- Is your child / teenager angry, confused, 'acting up' or withdrawn?
- Not sure how to discuss drugs, alcohol, sex and relationships with your child / teenager?
- Wondering how to manage conflict?
- Do you feel worried or stressed?

When: **Monday 14th September – 2nd November 2020 (7:00 pm – 9:00 pm)**

Where: Virtual Groups, via Microsoft Teams

Please ensure you can access Microsoft Teams & and have trialled this with your support worker

***Course Facilitators*:** Debi Wiggins (07879 608811) & / or Maura Crawley (07917 507255)

How to refer: **All referrals must have an assigned worker**
All referrals must come through our Early Help Hub
Or
All referrals must be identified as a piece of work from a Child and Family Assessment or an Early Help Assessment

WOKINGHAM BOROUGH COUNCIL

Early Help Team
Strengthening Families through Positive Parenting