

7 week GROUP programme

(4 weekly sessions of 2 hours, followed by 2 weeks where you practice Triple P at home with support phone call sessions, we meet as a group for final session)

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| **Date** | **Time** | **Location** |
| **Tuesday 24th Sept 19** |  **7-9pm.** | **Mountmellick Family Resource Centre.** |
| **Wednesday 25th Sept** |  **7-9pm** | **Portlaoise Education Centre, Block Road Portlaoise.** |

 **Triple P 2hr Workshops**

Managing Fighting & Aggression

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| Tuesday 10th Dec 19 |  10-12md. | **Portlaoise Education Centre, Block Road Portlaoise.** |

**Dealing with Disobedience**

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| **Tuesday 12th Nov 19**  |  **10-12md.** | **Mountmellick Family Resource Centre.** |
| **Tuesday 12th Nov 19** |  **7-9pm.** | **Portlaoise education Centre, Block road Portlaoise.** |
| **Tuesday 10th Dec 19** |  **7-9pm.** | **Mountmellick Family Resource Centre, Mountmellick.** |

Triple P Programmes give parents tips and strategies to cope positively with the challenges of raising children…..making family life more enjoyable!

 **(Please note we will be hosting Fear-Less seminars in September for parents of children 6-12years who are dealing with anxiety)**

**Please contact our office to book your FREE place**

 **www.askaboutparenting.ie**

**Midlands Area Parenting Partnership**

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Tel ( 090) 64 47111

 **Triple P Positive Parenting** 

**Free courses for parents and carers of children aged 2-10 years**