



Free sessions for Tower Hamlets parents and carers, delivered by the Parenting Team

Parenting can be hard work!

- Are you struggling with your teenager?
- Would you like simple and practical strategies to help deal with teenage rebellion, aggression, risky behaviour and emotions?
- Would you like to improve your confidence in raising confident, healthy teenagers and building stronger relationships?

Triple P Teen is for parents and carers of young people aged 12 - 18 years.

Group sessions are 2.5 hours per week for 8 sessions. You will watch video clips from the Triple P 'Every Parent's Survival Guide' which will show you how the ideas work in real life. This is also a great opportunity to meet other parents and carers in similar situations.

**Our next course starts on:
Monday 27th September; 10:00am - 12:30pm
(Every week until Monday 22nd November 2021)**

Venue:
George Greens School (Café Vert), 100 Manchester Road,
London E14 3DW.

For further information and to book your place contact the Parenting Team. Call 020 7364 6398 or Email parenting@towerhamlets.gov.uk