



Teen Triple P Parenting Programme

Teen Group Triple P is a 6- week programme designed for parents and carers of teenagers aged between 12-18 years of age. The programme provides tips and suggestions to help develop the skills needed to raise confident and healthy teenagers, and to build stronger family relationships. This programme is recommended for parents and carers who find that their teenagers' behaviour has become too much to handle, or who may be keen to learn more about positive parenting and be prepared if hassles arise.

Date: Thursday 27th April - Thursday 15th June

Total of 6 weekly sessions on a Thursday (with a break on 1st and 8th June)

Time: 18:00 – 20:00 **Venue:** The Bridge

How can I take part? Please contact the Children and Families Hub team on 01534 519000, or email childrenandfamilieshub@gov.je.

The Children and Families Hub provides information, advice and support for children, young people and families.

To find out more, scan the QR code or visit www.gov.je and search for *Children and Families Hub*

