

Small changes,  
big differences.



## Triple P Primary Discussion Groups

Age 5-12yrs

Learn how to set boundaries and create routines that work for your family. All sessions will offer basic strategies and ideas for anyone who wants to help their child to be the best they can be.

### **Managing Fighting & Aggression**

Monday 10th January 2022 - 10am-12:30pm at Buckland Family Hub,  
Turner Road, Buckland, PO1 4PN (02392 733440)

### **Managing Fighting & Aggression**

Tuesday 18th January 2022 - 10am-12:30pm at Paulsgrove Family Hub, Cheltenham  
Road, Portsmouth, PO6 3PL (02392 385995)

### **Dealing with Disobedience**

Thursday 19th January 2022 - 6pm-8:30pm at Milton Family Hub,  
Perth Road, Southsea, PO4 8EU (02392 827392)

### **Dealing with Disobedience**

Wednesday 2nd February- 10am-12:30pm at Paulsgrove Family Hub, Cheltenham Road,  
Portsmouth, PO6 3PL (02392 385995)

**TO BOOK YOUR PLACE, PLEASE CALL THE RELEVANT FAMILY HUB**

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

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## Triple P Teen Discussion Groups

Age 12-16yrs

Learn how to set boundaries and create routines that work for your family. All sessions will offer basic strategies and ideas for anyone who wants to help their child to be the best they can be.

### **Coping with Teen Emotions**

Tuesday 25th January 2022 - 6pm-8:30pm at Buckland Family Hub,  
Turner Road, Buckland, PO1 4PN (02392 733440)

### **Getting Teenagers to Co-operate**

Wednesday 26th January 2022 - 10am-12:30pm at Milton Family Hub,  
Perth Road, Southsea, PO4 8EU (02392 827392)

### **Reducing Family Conflict**

Tuesday 8th February 2022 - 6pm-8:30pm at Paulsgrove Family Hub,  
Cheltenham Road, Portsmouth, PO6 3PL (02392 385995)

### **Getting Teenagers to Co-operate**

Wednesday 9th February 2022 - 10am-12:30pm at Buckland Family Hub,  
Turner Road, Buckland, PO1 4PN (02392 733440)

### **Coping with Teen Emotions**

Wednesday 16th February 2022 - 10:am-12:30pm at Milton Family Hub,  
Perth Road, Southsea, PO4 8EU (02392 827392)

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