

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.

### **Dealing with Disobedience**

Thursday 3rd March 2022 - 10am-12:30pm at Buckland Family Hub,  
Turner Road, Buckland, PO1 4PN (02392 733440)

### **Managing Fighting & Aggression**

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

### **Managing Fighting & Aggression**

Tuesday 22nd March 2022 - 6pm-8:30pm at Buckland Family Hub,  
Turner Road, Buckland, PO1 4PN (02392 733440)

### **Dealing with Disobedience**

Tuesday 29th March - 6pm-8:30pm 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)

Small changes,  
big differences.



## 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.

### **Reducing Family Conflict**

Wednesday 2nd March 2022 - 6pm-8:30pm at Milton Family Hub,  
Perth Road, Southsea, PO4 8EU (02392 827392)

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

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

### **Reducing Family Conflict**

Thursday 24th March 2022 - 10am-12:30pm at Paulsgrove Family Hub,  
Cheltenham Road, Portsmouth, PO6 3PL (02392 385995)

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

Thursday 31st March 2022 - 10am-12:30pm at Buckland Family Hub,  
Turner Road, Buckland, PO1 4PN (02392 733440)

### **Coping with Teen Emotions**

Tuesday 5th April 2022 - 10:am-12:30pm at Milton Family Hub,  
Perth Road, Southsea, PO4 8EU (02392 827392)

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

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