



## Stepping Stones Triple P Parenting Programme



## Supermarket meltdowns? Mealtime tantrums? Bedtime battles?

When you're the parent or carer of a child with a disability, sometimes life can be extra challenging.

**Stepping Stones Triple P** 

**Tips and Strategies** 

Encourage behaviour you like

Teach your child new skills

Cope with stress

Triple P courses run for six weeks followed by telephone support

The next course will be for **families with a child with autism or a** learning disability.

Starting on: Tuesday 10th September 2019

This course will take place at **10am-12:30pm** at **Barnet Mencap**, 35 Hendon Lane, Finchley N3 1RT

If you are interested in attending please contact **Project Support** at Barnet Mencap on **020 8349 3842** or by email to **projectsupport@barnetmencap.org.uk** 

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