

# Triple P

## Parenting programmes for all parents and carers

### Do you have a child aged between 5 and 12 years?

Would you like to:

- learn new skills?
- get the best out of your children?
- share your parenting experiences?
- get some tips for managing difficult behaviour?
- develop your own parenting techniques in a relaxed friendly atmosphere?
- make new friends?



Yes? Then the Triple P programme is for you!

This is a FREE parenting programme for every parent being run across the Kingston and Richmond boroughs.

This will help you set rules for children to follow, help you to take care of yourself as a parent, have some fun and meet other parents and carers.

**Starting on Tuesday 4<sup>th</sup> June 2019**

(6 weekly sessions in total and 1 telephone or 1-1 consultation)

**At The Star Centre, King Charles Crescent, Surbiton, KT5 8SX**

**From 6.30pm - 8.30pm**

If you are a parent or carer and want to know more or make a provisional booking, please contact  
Karen Williams, Parenting Coordinator  
020 8547 6965 or 07771 974388 or email  
[karen.williams@achievingforchildren.org.uk](mailto:karen.williams@achievingforchildren.org.uk)