

# Small changes, big differences.



## ***Two hours is all you need for a Teen Triple P Discussion Group***

**Bedford Borough Council's Early Help Service will be hosting a series of one off Teen Triple P Discussion groups on a variety of issues commonly faced by parents and their teenagers...**

**These discussions groups explore common problems we face as parents and some of the reasons why they happen. They will share strategies and advice on how you may be able to manage these problems before they occur.**

**The informal discussion groups are being hosted via ZOOM video conferencing and are open to all parents of children aged 12yrs and above.**

Thursday 11<sup>th</sup> June 2020, 2pm-4pm

**“Coping with Teenage Emotions”**

Monday 29<sup>th</sup> June 2020, 10am-12pm

**“Coping with Teenage Emotions”**

Tuesday 7<sup>th</sup> July 2020, 3pm-5pm

**“Reducing Family Conflict”**

Tuesday 14<sup>th</sup> July, 10am-12pm

**“Coping with Teenage Emotions”**

Tuesday 21<sup>st</sup> July, 7pm-9pm

**“Reducing Family Conflict”**

**Due to limited places, pre-booking required!**

**To booked a place on the Teen Triple P discussion groups, please contact**

**[Martyn.lee@bedford.gov.uk](mailto:Martyn.lee@bedford.gov.uk) or call 07468 472558**

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