## Small changes, big differences.





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

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

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 between 3 - 12 years.

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

"Dealing with Disobedience"

Wednesday 17th June 2020, 7pm-9pm

"Managing Fighting and Aggression"

Wednesday 24th June 2020, 7pm-9pm

"Dealing with Disobedience"

Thursday 2<sup>nd</sup> July 2020, 1pm-3pm

"Managing Fighting and Aggression"

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

To booked a place on the Triple P 3-12yrs discussion groups, please contact

Martyn.lee@bedford.gov.uk\_or call 07468 472558