

## Free sessions for parents and carers delivered by the Parental Engagement Parenting Team

**Triple P Teen- for parents and carers of young people aged 12 - 18 years.**

This programme is designed to give parents and carers the skills they need to raise confident, healthy teenagers and to build stronger family relationships.

The programme is free for Tower Hamlets residents and a great opportunity for parents and carers in similar situations to share their experiences and gain peer support

Parents will learn how to:

- develop positive relationships with teenagers and encourage appropriate behaviour
- set boundaries and develop family rules to manage unwanted behaviour
- be firm and consistent when dealing with conflict
- Identify and manage risky behaviour in teens

Triple P Teen groups are 2.5 hours per week for 8 sessions (which includes 5 face to face sessions and 3 phone call sessions)

**Our next course starts:**

**Monday 27th September and is every week until Monday 22nd November**

**10:00am - 12:30pm**

**At George Greens School- Café Vert**

For further information contact the parenting team:

Tel:0207 364 6398 or email [parenting@towerhamlets.gov.uk](mailto:parenting@towerhamlets.gov.uk)