

# Triple P Teens

A 6-week course for parents and carers of teens

Parenting teens can feel like a rollercoaster with many ups and downs. You may be dealing with behaviours that leaves you feeling drained, frustrated and overwhelmed. We understand how difficult it can be raising teenagers.

Our 6-week can help you learn more about positive parenting and how you can apply it to your family. If you're ready for a more in-depth look at parenting strategies for teenagers that really work, then this course is for you.

Triple P (Positive Parenting Programme) is an approach to raising teenagers that aims to promote appropriate teenager development and the management of teenagers' behaviour in a constructive way.

## Date, time and venue



4.15 pm - 6.15 pm



Wednesday 21 January  
- Wednesday 4 March  
2026

*(Excluding 18th February  
2026)*



Online via Microsoft  
**TEAMS**

To book your spot, please call Annmarie on 07949 890749 or email [AnnmarieF@familylives.org.uk](mailto:AnnmarieF@familylives.org.uk)

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