

## The Triple P - Positive Parenting Programme **Seminar**

# Raising Competent Teenagers

Wednesday 20<sup>th</sup> of June, 5:45pm – 7:15pm

Sheffield Hallam University,  
The Owen Building, Howard St, Sheffield S1 1WB

The Triple P – Positive Parenting Program<sup>®</sup> knows all parents have different needs. That's why Triple P has many different ways for you to get your parenting help. So you can choose what will suit you and your family best.

### Is this you?

Your baby is almost an adult, or at least that what he or she thinks. So life at home is changing. Maybe your tweeny grunts instead of speaking to you or you just want to be prepared for what lays ahead? It's not that you've got a "wild" kid. You'd just like to make sure things stay on track and don't get out of hand.

### What Happens at a Teen Triple P Seminar?

Each seminar lasts 90 minutes. There's no homework and no follow up. But you'll be given a tip sheet to take home to remind you of the great ideas you've heard. You'll be able to start positive parenting straight away, to get back on track with your teenager – or be ready for what's ahead.



For or more information contact: The Sheffield Parenting Hub  
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