

Small changes,  
big differences.



## **FREE** Standard Triple P Takes the guesswork out of parenting

New positive parenting course starts soon...

What Triple P can do for you:

- Encourage behaviour you like
- Deal with problem behaviour
- Become confident as a parent
- Be realistic about parenting
- Take care of yourself

**DATE:** Starts on - Tuesday 24<sup>th</sup>  
September - Tuesday November 5<sup>th</sup> 2024

**DURATION** – 6 weeks

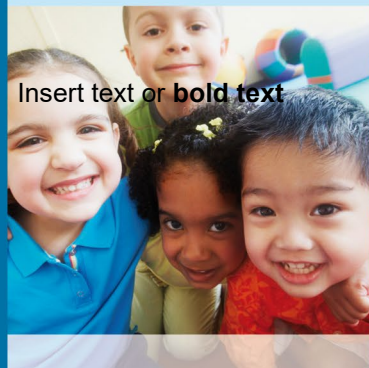
**DAYTIME:** Tuesday 9:30am– 12:30pm

Leominster Primary School

**All sessions must be attended**

**BOOKINGS AND INFORMATION** This course is 6 sessions long This is a free course for parents, caregivers or guardians of children between the ages of 2- 11. For more information contact: [parentinggroups@herefordshire.gov.uk](mailto:parentinggroups@herefordshire.gov.uk) or call Children's Help and Advice Team on 01432 260261 – Please note: **Self Referrals Only**

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Insert text or bold text

