

## Standard - Primary

For parents of 2-11 years, helping you support your child effectively.



# Courses for Parents

## Triple P

### Positive Parenting Programmes

#### Teen Triple P

For parents of 11-16 years, helping you to support your teenager effectively.

Once a week for 6 weeks, starting:  
Tuesday 21 January to 25 February  
10:00- 12:00  
Virtual

#### Standard - Primary

For parents of 2-11 years, helping you support your child effectively.

Once a week for 6 weeks, starting:  
Monday 20 January to 24 February  
10:00- 12:00  
Virtual

#### Stepping Stones

For parents of 2-11 years with SEND, focusing on effective parenting skills and problem solving.

Once a week for 6 weeks, starting  
Tuesday 21 January to 25 February  
10:00 – 12:00  
Virtual

#### Fear Less

For parents of 6-14 years, the programme aims to help parents support their children with anxiety.

Once a week for 3 weeks, starting:  
Friday 24 January to 7 February  
10:00- 12:00  
Face to face, Plough Lane



[parentinggroups@herefordshire.gov.uk](mailto:parentinggroups@herefordshire.gov.uk)



Children's Help and Advice Team on  
01432 260 261

Self-Referrals Only

Groups may be cancelled if take up is low



[herefordshire.gov.uk](http://herefordshire.gov.uk)