

Small changes,  
big differences.



## Teen Triple P Discussion Groups

12-16yrs

*"For anyone who wants to help their child to be the best they can be."*

### **Reducing Family Conflict**

Monday 27<sup>th</sup> January 10.00-12.30pm- at Paulsgrove Family Hub,  
Cheltenham Road, Paulsgrove PO6 3PL (02392 385995)

### **Getting Teenagers to co-operate**

Wednesday 26<sup>th</sup> February 2020 5.30-8pm at Somerstown Family Hub,  
Omega Street, Southsea PO5 4LP (02392 821816)

### **Building Teens Survival Skills**

Friday 6<sup>th</sup> March 2020 10-12.30pm at Buckland Family Hub,  
Turner Road, Buckland (02392 733440)

### **Dealing with Teens Emotions**

Thursday 19<sup>th</sup> March 10-12.30pm at Somerstown Family Hub,  
Omega Street, Southsea PO5 4LP (02392 821816)

**TO BOOK YOUR PLACE,  
PLEASE CALL THE RELEVANT FAMILY HUB**