



# Triple P – Positive Parenting Programme

## Managing Teen Behaviour

### -Parent Discussion Groups-

**Are you struggling to deal with your teenagers’ behaviour?**

Is your teenager taking over, ignoring requests, refusing to follow rules?

Are you fed up with family arguments?

If the answer is Yes!...why not join one of the discussion groups to gain better insight and develop a positive relationship with your teenager. Discussion Groups are a series of short sessions that offer tips and suggestions with simple strategies to help you manage the big and small challenges of family life.

You can attend all three of the Discussion Groups or select the ones that fit your needs.

Topics	Date	Time	Location
• Getting Teens to Co-operate	Tuesday 9 <sup>th</sup> November 2021	10am-12.30pm	Online - Zoom
• Dealing with Emotional Behaviour	Tuesday 23 <sup>rd</sup> November 2021	10am-12.30pm	Online - Zoom
• Reducing Family Conflict	Tuesday 13 <sup>th</sup> December 2021	11am-1.30pm	E1 venue

For more details and to book your place please email [parenting@towerhamlets.gov.uk](mailto:parenting@towerhamlets.gov.uk) or call 020 7364 6398

