

# FREE Parenting Groups

Family Resilience Service

Issue 11, Summer Term 2018

## Aylesbury area

### Group Triple P

Wednesdays

16/05/2018—4/07/2018

10.00am—12.30pm

### Teen Triple P

Fridays

Day 1—8/06/2018

Day 2—22/06/2018

9.30am—3.00pm

## High Wycombe area

### Strengthening Families

Tuesdays

24/04/2018—12/06/2018

5.00pm—7.30pm

## Chilterns area

### Group Triple P

Tuesdays

1/05/2018—12/06/2018

9.15am—11.45am

### Stepping Stones

Fridays

20/04/2018— 8/06/2018

9.15am—11.45am

**Interpreters** for parents with English as a second language and **Child Care** for children under **4** years of age, with the exception of Teen Triple P, can be provided under certain circumstances. In order for this to be arranged we need be informed at the time of booking.

**Group Triple P** - suitable for parents of children **2-10** years old. Triple P gives simple and practical strategies to help parents confidently manage their children's behaviour, prevent problems developing and build strong, healthy relationships.

**Strengthening Families** - The Strengthening Families Programme 10-14 (UK) is a seven-week, evidence-based programme to help families with young people aged between 10 and 14-years-old to prepare for teenage years. The programme is aimed at reducing alcohol and substance misuse, behavioural problems in adolescence and strengthening the parent/carer-child relationship. This programme is designed for both, parents and children to attend together.

**Teen Triple P** - suitable for parents of children **10-15** years old. Triple P looks at issues that are arising in the family, strategies for how to overcome them and during the individual sessions looks at how these are being implemented.

**Stepping Stones** - suitable for parents of children with a range of **disabilities** (e.g. intellectual disability, autism spectrum disorders, cerebral palsy and high levels of disruptive behaviour). This group covers **all ages**.



To book a place on a parenting course please email

**parentinggroups@buckscc.gov.uk**

clearly stating which group you are interested in



For more information on our free parenting courses please go to the

Buckinghamshire Family Information Service Website

<http://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/service.page?id=3pF4sb1CqCg>

**Professionals wish to refer to a group:**

If the parents are able to commit to the group then please send a completed referral form to [parentinggroups@buckscc.gov.uk](mailto:parentinggroups@buckscc.gov.uk)



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