

## Triple P (Teens)

Many mums and dads think they are the only ones having problems. But so many parents face the same kinds of challenges when it comes to raising teenagers (or tweens), and guiding them through adolescence into adulthood. A teenager who is being disrespectful and rude. A shy teen or one struggling to make friends. Or a teenager who won't talk to you. It may be challenging but you want nothing more than to raise responsible, confident teenagers.

So instead of making things up as you go, using bits and pieces picked up from your parents, friends or Google, why not be confident that the positive parenting solutions and strategies you use have been tried, tested, re-tested and proven to work. The good news is Teen Triple P can help you.

- **Length of programme:** 8 weeks / 2 hours per session
  - Sessions 1-4 are face-to-face at Rising Green
  - Sessions 5-7 are over the phone (15 minutes)
  - Session 8 is face-to-face at Rising Green

### WHO SHOULD ATTEND?

This group is for parents of children aged 10-16 years.

### TOPICS COVERED

- Raise happy, confident teenagers
- Manage behaviour and expectations so everyone enjoys life more
- Set family routines and rules that everyone follows
- Get along well with your teens and argue less
- Balance work and family with less stress

### WHERE AND WHEN ARE THE GROUPS DELIVERED? Rising Green

**Dates:** 14<sup>th</sup> October 2022 – 18<sup>th</sup> November 2022

### HOW DO I GET ONTO THIS GROUP?

Parents can self-refer to this programme.

### HOW DO I APPLY?

Parents or referrers can contact the programme facilitators below for tailored advice to confirm if this is the most appropriate programme for a family.

## Who to contact?

E-mail [layla.benellal@haringey.gov.uk](mailto:layla.benellal@haringey.gov.uk) or [sophie.eardley@haringey.gov.uk](mailto:sophie.eardley@haringey.gov.uk)

## Other Details

### Who is this service for?

Parents of children aged 10- 16 years

### Can I refer myself?

Referral not required

### Referral Details

Parents can self-refer