

Small changes,
big differences.



Teen Triple P Discussion Groups

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

Coping with Teenagers' Emotions

Come along and find out:

- Why teenagers can become so emotional, so quickly.
- How to teach teenagers to gain better control of their emotions.
- How to prevent problems and cope with emotional behaviour.

This session aims to help you teach your teenager how to better manage their emotions.

For parents of children age 11 - 16 years

Northern Parade Children's Centre, Doyle Avenue, Hilsea, PO2 9NE
Thursday 25th May 2017 12.15 - 2.45pm

To book a place please contact Northern Parade Children's Centre on 023 92660866

For more information please contact Tracy Brooks on 023 92827392