

# Triple P Workshops for parents of Teens

Two hour relaxed group sessions where you will learn tips and strategies for dealing with common behaviour issues.

## Coping with Teenager's Emotions

Looking at why teenagers can become emotional and gives some practical suggestions to help you teach your teenager how to manage their emotions, and manage any problems if you need to.

Date	Time	Venue
Tues, 18 June	5.30-7.30pm	Brighton Aldridge Community Academy

Date	Time	Venue
Tues, 25 June	5.30-7.30pm	Dorothy Stringer School

Date	Time	Venue
Tues, 2 July TBC	5.30-7.30pm	Cardinal Newman School

To book a place email [triplep.parenting@brighton-hove.gov.uk](mailto:triplep.parenting@brighton-hove.gov.uk)  
or call 01273 294471



[www.brighton-hove.gov.uk/parentingteam](http://www.brighton-hove.gov.uk/parentingteam)

