

Small changes,
big differences.



Two hours is all you need for a **Teen Triple P Discussion Group**

Positive parenting help for **Coping with teenagers' emotions**

Common issues discussed in this group include:

- Mood swings
- Teenagers getting upset when told *No*
- Teenagers rejecting their parents' help
- Along with many more ...

DATE: 5th February 2019

TIME: 10am- 12pm

VENUE: Barrack View Primary Care Centre,
Lord Edward Street, Limerick

PRESENTER: Megan McGinley & Siobhán Clifford

BOOKINGS AND INFORMATION:

Teen Triple P Discussion Groups are for parents living in the Limerick City and County area.

Booking is essential for this discussion group as places are limited.

Please contact **061 461788** or **061 461792** for more information.

www.triplep-parenting.net