



Putting children, young people
and families first

How to book your place

Parent Power courses are free and open to all who wish to attend.

Courses and workshops can be booked via email on
support@thechildrenscentre.org.im
or call 800000

Courses are offered term time only.

The Support Team

Our Support team have many years experience helping families with children and young people displaying challenging behaviours.

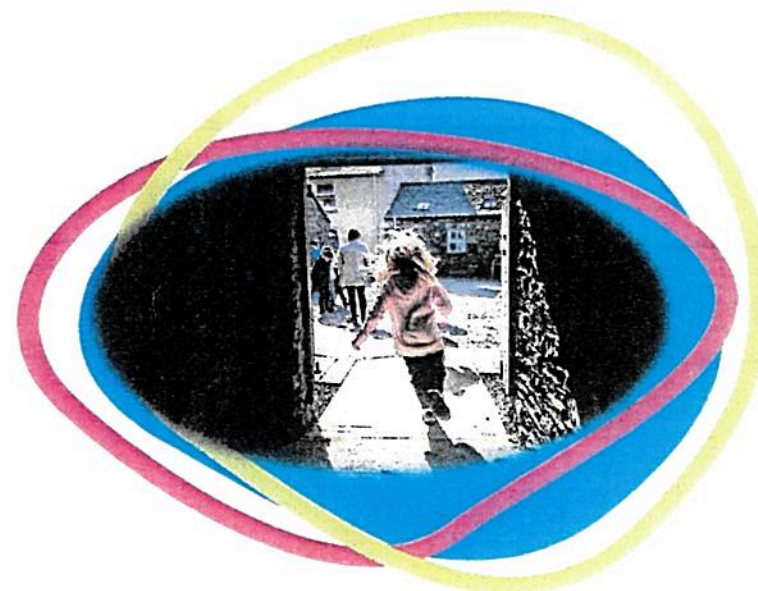
The team are qualified and experienced in delivering the full Parent Power Programme.



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Parent Power 2020



Open Access Parenting Courses



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Triple P stands for Positive Parenting Programme

Triple P helps you understand how your family works so you can use the things you already think, feel, say and do in new ways.

Triple P helps you:

- Create a stable, supportive, harmonious family environment.
- Teach your children the skills they need to get along with others.
- Deal positively, consistently and decisively with problem behaviour should it arise
- Encourage behaviour you like
- Develop realistic expectations of your children and yourself
- Take care of yourself as a parent.

The Triple P parenting course runs over 8 weeks and consists of:

1. Four weekly, 2 hour group sessions
2. Three weekly telephone calls with one of the facilitators
3. One final group session.

The Course will run at The Children's Centre Farm.