

# More info.....

If you would like to find out more, you can:

- Telephone the office on:  
01270 371301

and speak to our Parent Support Worker or

- Email via:  
[preventionteam@cheshireeast.gov.uk](mailto:preventionteam@cheshireeast.gov.uk)  
or
- Discuss directly with your young person's case manager.

We can then discuss the course with you and ensure it is the most appropriate course for you to attend and answer any questions that you may have.

Cheshire East Family Service  
offers  
support to families living in East  
Cheshire.

To receive more information about  
Triple P or any other Prevention service  
please contact us at:

**Crewe Family Centre,  
Crewe Lifestyle Centre  
Moss Square  
Crewe  
CW1 2BB  
Tel: 01270 371 301**



## **Triple P With Cheshire East Family Service**



# Group Teen Triple P?

Group Teen Triple P is a 6 week course for parents, offering group based support to parents of teenagers. It consists of 1 'getting to know you' pre-group session plus 5 x two hour group sessions.

Triple P stands for Positive Parenting Programme and is designed to help you understand how your family works. It will also help you to:

- Understand positive parenting
- Encourage appropriate behaviour
- Manage problem behaviour
- Deal with risky behaviour
- Take care of yourself as a parent

It is voluntary and run by accredited staff from Cheshire East Family Service

# What to Expect?

To be greeted in a warm and friendly setting. During the course there will be a variety of activities and discussions which will ultimately help you to:

- Communicate effectively with your family
- Understand and manage difficult behaviour
- Build a better relationship with your teenager

You will even receive a certificate for completing the course!

**All in a relaxed, informal environment with light refreshments.**



# Parent Feedback

"I was so happy with every session. Everything has been positive and thought provoking. I liked the fact that it made me realise we are not alone."

"The programme has helped me feel more in control and I am happier as a result. I am more confident in my ability as a parent since taking part."

"I had a say and was not just told what to ."

It was great to know that we were not the only family having problems and being able to bounce experiences and tips off each other."

