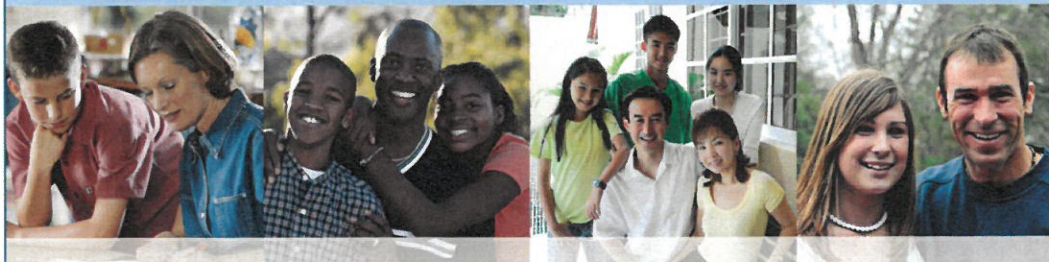


# Small changes, big differences.



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

### Positive parenting help for parents and caregivers of teenagers

#### TOPICS:

- Getting Teenagers to Co-operate
- Coping with Teenagers Emotions
- Reducing Family Conflict
- Building Teenagers Survival Skills

#### DATES:

- Tuesday, 03 August 2021
- Tuesday, 17 August 2021
- Tuesday, 31 August 2021
- Tuesday, 14 September 2021

#### TIME: 10-12pm

Morning tea is provided, and there is free 4-hour parking at the Westfield Mall. No childcare is available so please arrange childcare to attend this parenting group.

#### VENUE: Fresh Minds

**Westfield Manukau  
Shopping Mall, Level 2**

(take the lifts next to Burger King in the food court).

#### BOOKINGS AND INFORMATION:

Please contact the administration staff at Fresh Minds 0800 3456111 or [triplep@freshminds.co.nz](mailto:triplep@freshminds.co.nz) for more information or to register your attendance.

# fresh minds.

by ProCare



## Teen Triple P discussion groups- for the common problems of raising teens

A teenager who is rude and refuses to follow family rules. One who screams or cries at the drop of a hat. A teenager who is arguing with everyone in the family. Or one who's drinking, skipping school or hanging out with a bad crowd.

If any of these descriptions fit your teenager, Teen Triple P discussion groups can help. Teen Triple P discussion groups are short, small group sessions that offer parents practical advice for tackling specific problem behaviour.

### What are Teen Triple P discussion groups?

A discussion group is a short, small group session run by an accredited Triple P provider. Each session brings together a maximum of 10-12 parents who are experiencing the same parenting issue. There are four problem topics to choose from:

- Coping with Teenagers' Emotions
- Getting Teenagers to Cooperate
- Reducing Family Conflict
- Building Teenagers' Survival Skills

### What happens at a discussion group?

In a relaxed group session, your Practitioner will give you tips and suggestions for dealing with your teenager's problem behaviour. You'll see short video clips showing other parents successfully dealing with the same issue and you'll be encouraged to share your thoughts with the other parents in the group, if you wish to. You'll also be given a take-home workbook with simple exercises and information to help you try your new strategies at home.

### How long do the sessions take and how many do I attend?

A Teen Triple P discussion group session takes two hours. You may do as many, or as few, as you like. One, two, three or four – it's up to you!

### How do I register for a discussion group?

Fresh Minds is an accredited provider of Teen Triple P discussion groups. Please contact the administration staff at Fresh Minds (0800 356 111 or [triplep@freshminds.co.nz](mailto:triplep@freshminds.co.nz)) for more information or to register your attendance.