

FREE Parenting Groups

Family Resilience Service

Issue 8, Summer Term 2017

Aylesbury area

Incredible Years School Age

Wednesdays

19/04/2017—12/07/2017

9.45am—12.15pm

Teen Triple P

Fridays

12/05/2017 9.30am—3.00pm

26/05/2017 9.30am—12.30pm

Stepping Stones

Thursdays

4/05/2017—29/06/2017

9.45am—12.15pm

High Wycombe area

Group Triple P

Wednesdays

3/05/2017—21/06/2017

12.30pm-3.00pm

Teen Triple P

Fridays

5/05/2017 9.30am—3.00pm

19/05/2017 9.30am—
12.30pm

Stepping Stones

Fridays

12/05/2017 9.30am-3.00pm

26/05/2017 9.30am-
12.30pm

Chilterns area

Incredible Years School Age

Tuesdays

2/05/2017—18/07/2017

12.30pm—2.30pm

Coffee morning 18/04/2017

Teen Triple P

Fridays

16/06/2017 9.30am—3.00pm

30/06/2017 9.30am—12.30pm

Comments received from parents on completion of the course:

- 'Fantastic programme, helped me and my family. The house is now a calm and quiet place.'
- 'Very happy I attended. It helped me to rebuild relationship with me children and enjoy spending time together again.'
- 'Useful strategies which help you to deal with difficult situations.'

Incredible Years (School age) - suitable for parents of children **5-12** years old. It has a strong focus on developing the parent and child's positive relationship along with looking at behaviour strategies. It gives you tips on how to improve your child's self-esteem and support your child with their academic development at school.

Group Triple P - suitable for parents of children **2-10** years old. It gives simple and practical strategies to help parents confidently manage their children's behaviour, prevent problems developing and build strong, healthy relationships.

Teen Triple P - suitable for parents of children **10-15** years old. Triple P looks at issues that are arising in the family, strategies for how to overcome them and during the individual sessions looks at how these are being implemented.

Stepping Stones - suitable for parents of children with a range of disabilities (e.g. intellectual disability, autism spectrum disorders, cerebral palsy and high levels of disruptive behaviour). This group covers **all ages**.

Interpreters for parents with English as a second language and **Child Care** for children under **4** years of age, with the exception of Teen Triple P, can be provided under certain circumstances. In order for this to be arranged we need be informed at the time of booking.



To book a place on a parenting course please email

parentinggroups@buckscc.gov.uk

clearly stating which group you are interested in



For more information on our free parenting courses please go to the

Buckinghamshire Family Information Service Website

<http://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/service.page?id=3pF4sb1CqCg>

Professionals wish to refer to a group:

If the parents are able to commit to the group then please send a completed referral form to parentinggroups@buckscc.gov.uk



Buckinghamshire Information Service



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