



TRIPLE P – POSITIVE PARENTING PROGRAMME

WHAT IS TRIPLE P?

Triple P is a proven parenting programme, It offers you a toolbox of ideas. You choose the strategies you need. You choose the way you want to use them. It's all about making Triple P work for you. **The courses are FREE and are available to parents, with children aged 2-15 years of age, living in Laois, Offaly, Longford and Westmeath.**

WHAT DOES TRIPLE P DO?

The three Ps in 'Triple P' stand for 'Positive Parenting Programme' which means your family life is going to be much more enjoyable.

Triple P helps you:

- Raise happy, confident kids
- Encourage behaviour you like
- Manage misbehaviour so everyone in the family enjoys life more
- Set rules and routines that everyone respects and follows
- Take care of yourself as a parent

HOW TO BOOK A PLACE ?

Parents can call the **Triple P office at 090 64 47111** to book into a course that suits you. Our practitioners will help you choose the right course that fits your family. We offer two hour workshops or a longer group programme in the morning or evening in your local area.

WHAT HAPPENS AT A TRIPLE P COURSE?

You will receive a reminder text with the date and venue from the practitioner running the course. The course is delivered in a relaxed friendly environment. Your practitioner will introduce the course and give you a booklet. Throughout the course you will have the chance to listen and share your parenting experiences with other parents, pick up tips and make a plan of how to make **your family** life more enjoyable. If parents have any concerns around attending or participating in the course please talk to your local practitioner .





Group (Level 4) is our 7 week general positive parenting programme which runs for 2 hours each week for 4 weeks with 2 weeks of phone call support and a final 2 hour session. Group Programmes are available to parents of children aged 2-10 years and parents of teenagers aged 11 - 15 years. To book a place and/or for further information, please phone our Office on (090) 64 47111 or email us at triplep.midlands@hse.ie

7 Week Programme	When	Where
LONGFORD		
Group Teen	Thurs 5th October 10:00 – 12:00	Primary Care Centre, Ballyminion area, Longford Town
Group 2-10 yrs	Tues 3rd October 19:30-21:30	Family Centre, St Mel's rd., Longford Town
WESTMEATH		
Group Teen	Wed 4th October 19:00-21:00	Athlone Education Centre
Group 2-10 yrs	Thurs 5th October 10:00-12:00	Clonbrusk Resource Centre, Clonbrusk, Athlone
Group 2-10 yrs	Mon 6th November 19:00-21:00	Athlone Education Centre
Group Teen	Tues 3rd October 19:30-21:30	Westmeath Community Development Offices Mullingar
Group Teen	Thurs 5th October 10:00 – 12:00	Westmeath Community Development Offices Mullingar
Group 2-10 yrs	Tues 3rd October 10:00 – 12:00	Westmeath Community Development Offices Mullingar
Group 2-10yrs	Tues 3rd October 19:30-21:30	Westmeath Community Development Offices Mullingar
Offaly		
Group 2-10 yrs	Thurs 28th September 10:00-12:00	Clara Family Resource Centre, Clara
Group Teen	Tues 3rd October 19:30-21:30	St.Mary's Ns, Pullough, Rahan
Group Teen	Tues 3rd October 10:00-12:00	Community Cabin, Edenderry
Group Teen	Thurs 5th October 19:30-21:30	Tullamore Community & Family Resource Centre,
Group 2-10 years	Thurs 5th October 10:00 -12:00	Tullamore Community & Family Resource Centre,
LAOIS		
Group Teen	Tues 3rd October 10:00 – 12:00	Treo Nua Resource Centre, Harpurs Lane, Portlaoise.
Group Teen	Tues 3rd October 19:00 – 21:00	Treo Nua Resource Centre, Harpurs Lane, Portlaoise.
Group Teen	Wed 4th October 10:00-12:00	Mountmellick Primary Care Centre, Mountmellick
Group 2-10 yrs	Wed 4th October 19:00-21:00	Treo Nua Resource Centre, Harpurs Lane, Portlaoise
Group 2-10 yrs	Thurs 5th October 10:00-12:00	Portlaoise Education Centre, Portlaoise



Triple P
Positive Parenting
2 Hour Workshops

Midlands Area Parenting Partnership are delivering Free 2 hour Triple P Workshops for parents of children aged 2 – 10 years.

Please circulate this information to parents you work with, friends and to colleagues who work with parents of children in this age range in the Midlands.

To book a place/ for further information, please phone our Office on **(090) 64 47111** or email us at

triplep.midlands@hse.ie

LONGFORD

Dealing with Disobedience	Tues 19th September 10:00-12:00	Kenagh Venue to be confirmed
Dealing with Disobedience	Tues 7th November 10:00-12:00	Primary Care Centre, Ballyminion, Longford Town
Dealing with Disobedience	Tues 7th November 19:30-21:30	Family Centre, St. Mel's rd, Longford Town

WESTMEATH

Dealing with Disobedience	Tues 19th September 10:00-12:00	Clonbrusk Resource Centre, Athlone
Managing Fighting & Aggression	Wed 20th September 10:00-12:00	Clonbrusk Resource Centre, Athlone
Dealing with Disobedience	Mon 25th September 19:00-21:00	Athlone Education Centre, Moydrum Rd, Athlone
Developing Good Bedtime Routines	Mon 2nd October 19:00-21:00	Athlone Education Centre, Moydrum Rd, Athlone
Managing Fighting & Aggression	Tues 5th December 19:00-21:00	Athlone Education Centre, Moydrum Rd, Athlone
Dealing with Disobedience	Tues 5th December 19:00-21:00	Athlone Education Centre, Moydrum Rd, Athlone
Dealing with Disobedience	Tues 28th November 10:00-12:00	Westmeath Community Development Building ,Mullingar
Managing Fighting & Aggression	Tues 28th November 10:00-12:00	Westmeath Community Development Building ,Mullingar
Dealing with Disobedience	Tues 28th November 19:30-21:30	Westmeath Community Development Building ,Mullingar
Developing Good Bedtime Routines	Tues 28th November 19:30-21:30	Westmeath Community Development Building ,Mullingar

OFFALY

Managing Fighting & Aggression	Tues 12th September 19:30-21:30	St Mary's NS, Pullough, Rahan
Dealing with Disobedience	Wed 20th September 10:00-12:00	Sub Project, Main st, Birr.
Dealing with Disobedience	Mon 20th November 19:30-21:30	Sub Project, Main st, Birr.
Developing Good Bedtime Routines	Wed 29th November 10:00-12:00	Sub Project, Main st. Birr
Dealing with Disobedience	Mon 11th December 19:30-21:30	Clara Family Resource Centre, Clara
Dealing with Disobedience	Tues 23rd November 10:00-12:00	Tullamore Community & Family Resource Centre, Arden View
Developing Good Bedtime Routines	Tues 23rd November 19:30-21:30	Tullamore Community & Family Resource Centre, Arden View
Managing Fighting & Aggression	Tues 30th November 10:00-12:00	Tullamore Community & Family Resource Centre, Arden View
Dealing with Disobedience	Tues 30th November 19:30-21:30	Tullamore Community & Family Resource Centre, Arden View

LAOIS

Managing Fighting & Aggression	Tues 26th September 10:00-12:00	Treo Nua Resource Centre, Harpurs Lane, Portlaoise.
Dealing with Disobedience	Tues 26th September 19:00-21:00	Treo Nua Resource Centre, Harpurs Lane, Portlaoise,
Dealing with Disobedience	Tues 26th September 19:30-21:30	Portarlinton Primary Care Centre, Portarlinton
Developing Good Bedtime Routines	Tues 26th September 19:30-21:30	Portarlinton Primary Care Centre, Portarlinton
Dealing with Disobedience	Wed 27th September 19:30-21:30	Clonenagh National School, Mountrath
Dealing with Disobedience	Thurs 28th September 10:00-12:00	Mountmellick Primary Care Centre, Mountmellick