

TEEN TRIPLE P ONLINE

Help your teenagers cope with challenges

FREE IN
NORTH EAST
LINCOLNSHIRE!

**BE A POSITIVE PARENT IN UNCERTAIN TIMES:
EXTRA MODULE NOW INCLUDED**

Support your teenager's emotional wellbeing (and improve yours, too!)

We all face challenges sometimes – and recent events have added a little extra stress into family life. But positive parenting skills and strategies can make a huge difference to your teenager's development and wellbeing. And that can have a far-reaching impact on their life, and yours.

Why Triple P works

The Triple P – Positive Parenting Program® can help you be a happier, less stressed parent, even during difficult times. It gives you ways to navigate family life more easily. Backed by hundreds of trials and studies, it's like the instruction manual your teenager didn't come with – and it'll help you encourage them to develop the kind of social, emotional and academic skills they need to succeed in life. That includes coping with, and bouncing back from, stress and uncertainty.

Teen Triple P Online helps you set your own parenting goals, learning step-by-step whenever you like. It'll help you:

- Communicate better
- Build a stronger relationship
- Agree on rules
- Deal calmly with conflict
- Navigate emotional ups and downs
- Equip your teen to handle life's challenges

START TODAY – IT'S COMPLETELY FREE!!

Right now this world class programme is available FREE in North East Lincolnshire.

Find out more: Contact your Compass Practitioner

E-mail: nelincsmhst@compass-uk.org

Phone: 01472 494 250

This free Triple P programme is brought to parents by COMPASS Go.

