

# FREE Parenting Groups

Family Resilience Service

Issue 12, Autumn Term 2018

## Aylesbury area

<b>Incredible Years School Age</b> Wednesdays 26/9/2018—19/12/2018 9.30am—12.00pm <b>Aylesbury</b>	<b>STOP</b> Thursdays 4/10/2018—10/1/2019 7.00pm—9.00pm <b>Buckingham</b>	<b>STOP</b> Thursdays 8/11/2018—14/2/2019 7.00pm—9.00pm <b>Aylesbury</b>	<b>Incredible Years School Age</b> Thursdays 8/11/2018—14/2/2019 9.30am—12.00pm <b>Aylesbury</b>
<b>Stepping Stones Triple P</b> Thursdays 27/9/2018 9.30am—3.00pm 11/10/2018 9.30am—3.00pm 1/11/2018 9.30am—3.00pm <b>Aylesbury</b>		<b>Teen Triple P</b> Dates to be confirmed <b>Aylesbury</b>	

## High Wycombe area

<b>Incredible Years School Age</b> Mondays 24/9/2019—10/12/2018 <b>Wycombe</b>	<b>STOP</b> Day to be confirmed w/b 8/11/2018—w/b 14/2/19 <b>Marlow</b>	<b>Teen Triple P</b> Dates to be confirmed <b>Wycombe</b>	<b>Stepping Stones Triple P</b> Wednesdays 12/9/2018—31/10/2018 9.30am—12.00pm <b>Wycombe</b>
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## Chilterns area

<b>Group Triple P</b> Tuesdays 11/9/18—30/10/2018 9.15am—11.45am <b>Chesham</b>	<b>STOP</b> Wednesdays 7/11/2018—9/1/2019 10.00am—12.00pm <b>South Bucks</b>	<b>Teen Triple P</b> Dates to be confirmed <b>Chesham</b>	<b>Stepping Stones</b> Wednesdays Dates to be confirmed 9.30am—12.00pm <b>Chesham</b>
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**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.

**Incredible Years (School age)** - suitable for parents of children **4-12** 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.

**STOP** - suitable for parents of children **10-16** years old. The course aims to improve family communication through learning how to really listen and increase your knowledge on effective behaviour management skills. This programme also gives information on key parental concerns for this age group such as drugs, drink, sexual health and aggression in young people.

**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**.

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



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 wishing 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](mailto:parentinggroups@buckscc.gov.uk)

