

## Registration is now open for all Triple P Workshops

**Triple P Discussion Group** : Managing Fighting & Aggression 9.30am -11.30am **Our Lady Immaculate JNS Darndale Dublin 17 Wed. 22<sup>nd</sup> February**

During the workshop, we'll watch some video clips on exploring ways to teach our children to communicate their feelings in a positive way, identify what things trigger their emotions and learn better ways to cope with those emotions.

We will discuss these; share some tips and ideas and you choose the strategies you feel work best with your family.

**Triple P 7-week group Wednesday 3<sup>rd</sup> May-14<sup>th</sup> June inclusive** @6pm-8pm in Preparing For Life, Bell Building, Link Road, Darndale Dublin 17  
Group Triple P is a 7-week program suitable for Mams/Dads and caregivers of children aged 2-12 who wish to learn a variety of parenting skills that will promote their child's development and potential.

**8 Week Stepping Stones Group April 25<sup>th</sup>-13<sup>th</sup> June inclusive** @ 6pm-8.30pm in Preparing For Life, Bell Building, Link Road, Darndale Dublin 17  
Group Stepping Stones is suitable for mams/dads/caregivers of children aged 2-12 with a range of additional needs (e.g. intellectual disability, autism spectrum disorders, cerebral palsy, waiting on assessment) who wish to learn a variety of parenting skills that will promote their child's development and potential.

mams/dads/caregivers (**children do not attend**) can register for Triple P works (copy and paste the link into browser or click the link below) and we will be in touch.

[Expression of Interest for Mams/Dads Caregivers Triple P Parenting Workshops 2023 \(office.com\)](https://www.preparingforlife.ie/expressions-of-interest-for-mams-dads-caregivers-triple-p-parenting-workshops-2023)

Triple P parenting program provides parents and caregivers with a toolbox of ideas and strategies, allowing parents and caregivers to choose how and when to use them.

For more information, please contact Linda Pickett Preparing For Life

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**Visit** [www.preparingforlife.ie](http://www.preparingforlife.ie)

<https://www.triplep-parenting.uk.net/uk/triple-p/?cidsid=7qsjg02fi4s23t3div7acep5hi>

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