



Pathways Triple P Group (Triple P Level 5)

Dates

Mondays, 30 July — 27 August

Time

9:30-11:30am

Location

Parramatta/Holroyd Family Support
37 Collins St, Pendle Hill

Cost

Free

**FREE childcare available
(places limited)**

Is this you?

You may have already done Group Triple P or Standard Triple P but things are still difficult at home. You may be feeling angry a lot of the time. Perhaps you worry that you're going to "lose it" and hit your child – or worse.

Pathways Triple P may be for you!

Pathways Triple P includes 2 specialist mini-courses (modules):

“Avoiding Parent Traps” will help you work out why you get angry and upset with your child, and help you think differently about how those situations occur.

“Coping with Anger” gives you a choice of personal tools to use when you get stressed or upset with your kids.

Places are limited, so bookings are essential

NOTE: Participants must have completed Group Triple P (or equivalent) to enrol in this course

For enquiries, call Wendy on 9636 8437

To book your place, return the slip below.

PLEASE CUT OFF AND RETURN A.S.A.P TO ENSURE A PLACE

(Post to Parramatta/Holroyd Family Support, 37 Collins St, Pendle Hill, NSW, 2145
OR email admin@phfs.org.au OR fax to 9896 3139)

YES, I would like to attend the “Pathways Triple P” parenting group in Term 3, 2018.

NAME(S) _____ EMAIL _____

POSTAL ADDRESS _____

HOME TELEPHONE _____ MOBILE _____

Will you require childcare during the group? YES NO

If yes: Number of children _____ Child/ren's age/s: _____

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Please tell us about the Triple P group you have completed:

When was it? _____

What organisation ran it (and/or where was it)? _____