



Courses for Parents

Triple P and Solihull Positive Parenting Programs

Teen Triple P

For parents of 11-16 years, helping you to support your teenager effectively.

Dates: 20th January – 25th February – Tuesday

Times: 10:00 – 12:00

Place: Virtual (online)

Standard Triple P

For parents of 2-11 years, helping you support your child effectively.

Dates: 20th January – 24th February – Tuesday

Times: 10:00 – 12:00

Place: Virtual (online)

Stepping Stones Triple P

For parents of 2-11 years with SEND, focusing on effective parenting skills and problem solving.

Dates: 20th January – 24th February – 10:00- 12:00
OR 17th March – 14th April Tuesday - 18:00 – 20:00

Place: Virtual (online)

Fear-Less Triple P

For parents of 6-14 years with anxiety, focusing on effective strategies to support them to manage their anxiety.

Dates: 21st January – 4th February

Times: 18:00 – 20:00

Place: Virtual (online)

Solihull Parenting Group

For parents of 0+, focusing on developing nurturing relationships with your children and improving your parents-child relationship.

Dates: 13th January – 17th February

Once a week for 6 weeks

Times: 09:30 – 11:30

Place: Riverside Primary School, Hereford

parentinggroups@herefordshire.gov.uk



Children's Help and Advice Team - 01432 260 261



Self-referrals only

Groups may be cancelled if participant numbers are low.