**FREE TEEN Triple P 2 hour Parenting Workshop**

**For Parents of Teens 11 - 15 years**

**Coping with Teenagers Emotions**

**It can be difficult for parents when their teenagers become angry, upset or frustrated when things don’t go their way! In this workshop there are positive parenting tips to help you support your teenager to manage their feelings.**

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| **Tuesday 26th March 2019.** | **10-12md** | **Treo Nua Family Resource Centre, Harpurs Lane, Portlaoise.** |
| **Tuesday 18th June 2019.** | **7-9pm.** | **Portlaoise Education Centre, Block Road Portlaoise.** |

**Getting Teenagers to Co operate.**

**In this workshop we look at tips on ways to get our teenagers to follows requests.**

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| **Tuesday 5th February 2019.** | **7-9pm.** | **Portlaoise Education Centre, Block Road Portlaoise.** |
| **Tuesday 25th June 2019.** | **10-12md.** | **Treo Nua Family Resource Centre, Harpurs Lane, Portlaoise.** |

**(Booking is essential)**

**To book your place, call the Midland Area Parenting Partnership Office at**

**0906447111 or call Deirdre 0860274837/Sinead 0868215102.**

**Website –** [**www.askaboutparenting.ie**](http://www.askaboutparenting.ie)

**Our Facebook page: askaboutparenting**

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