



Group Teen Triple P

Teen Triple P is a parenting programme for parents of teenagers aged 12-16 years old.

Teen Triple P can help you

- Build a better relationship with your child
- Reduce conflict
- Keep your teenager safe
- Be realistic about parenting
- Take care of yourself

Upcoming Group Sessions

North Inch Community Campus, Perth	Every Wednesday 1st May – 26th June	5pm – 7.30pm
Online Group – Microsoft Teams	Every Thursday 2nd May – 27th June	5pm – 7.30pm

For more information, please email Parenting@pkc.gov.uk



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Fear-Less Triple P

Fear-Less Triple P is a parenting programme for parents of children and young people aged 6-14 years old. The programme aims to help parents support their children with anxiety.

Upcoming 3-Day Groups (plus a Meet & Greet)

North Inch Community Campus, Perth	Meet and Greet on Wednesday 5th June 10am- 11am via Microsoft Teams	Weekly every Wednesday 9.30am – 1.15pm 12 th , 19 th , 26 th June
Blairgowrie Community Campus	Meet and Greet on Thursday 11th July 10am- 11am via Microsoft Teams	Weekly every Thursday 9.30am – 1.15pm 18 th & 25 th July & 1 st August

For more information, please email Parenting@pkc.gov.uk



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peep



Antenatal Peep Group

Where: Almondbank House, Lewis Place, Perth.

When : Weekly Thursday 25th April - Thursday 23rd May 2024

Time: 1.30pm- 2.30pm

Getting to know your baby from 28 weeks of pregnancy

Are you an expectant parent living in **Perth & Kinross**?

If so, join us for a free 5-week group, in a relaxed and friendly setting, and:

- get to know your baby now
- get to know other expectant parents
- consider how life will change, and find out about local support
- find out how to strengthen your bond with your baby
- understand early brain development and how babies communicate

Partner or supporting friend or family member very welcome. Groups run regularly throughout the year.

To find out more and to apply for a place please contact the Parenting & Family Learning Team by emailing Parenting@pkc.gov.uk or by calling us on 01738 477697.



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