

**Midlands Area Parenting Partnership are delighted to  
offer new Teen Triple P workshops for parents of teenagers aged 11-15 years.**



Midlands Area Parenting Partnership delivers the Triple P programme to parents in Laois, Offaly, Longford and Westmeath. We are now offering teen workshops to parents of 11-15 year olds. Please circulate this information to parents you work with, friends and to colleagues who work with parents of teenagers in this age range.

Triple P workshops are evidence based 2 hour sessions. It is free for parents/carers to attend. These workshops offer suggestions and ideas on positive parenting to help you deal with day to day challenges and promote your teenager's development. Our new workshop topics are "Getting Teenagers to Cooperate" and "Coping with Teenagers' Emotions".

**Getting Teenagers to Cooperate Workshop:**

This workshop looks at some of the reasons why teenagers can be un cooperative and gives some practical suggestions to help you teach your teenager to co-operate, and manage any problems you need to.

**Coping with Teenagers' Emotion Workshop:**

This workshop looks at some of the reasons why teenagers can become emotional and gives some practical suggestions to help you teach your teenager how to manage their emotions, and manage any problems you need to.

Enquiries and bookings are welcome on;

Phone: 090 64 47111

Email: [triplep.midlands@hse.ie](mailto:triplep.midlands@hse.ie)

Facebook: Triple P MAPP

**Please note our website is under construction. We will be launching our new website shortly.**

## Triple P Teen Workshop Calendar - Spring 2018

Topic	Date	Venue	Time	Contact Us
<b>Getting Teenagers to Cooperate</b>	Tuesday 13th February	Family Centre, St.Mel's Road, Longford town	7.30pm-9.30pm	<p>Enquiries and bookings are welcome on</p> <p>Phone: 090 64 47111</p> <p>Email: <a href="mailto:triplep.midlands@hse.ie">triplep.midlands@hse.ie</a></p> <p>Facebook: Triple P MAPP</p>
	Wednesday 28th February	Primary Care Centre, Ballyminnion, Longford town	10am-12pm	
	Tuesday 6 <sup>th</sup> March	Granard- Venue to be Confirmed	7.30pm-9.30pm	
	Tuesday 13 <sup>th</sup> March	Westmeath Community Development Offices, Clonmore Business Park, Mullingar	10am-12pm	
	Tuesday 13 <sup>th</sup> March	Treo Nua Resource Centre, Harpurs' lane, Portlaoise	10am-12pm	
	Tuesday 20 <sup>th</sup> March	Tullamore Community & Family Resource Centre, Arden View, Tullamore	10am-12pm	
	Tuesday 20 <sup>th</sup> March	Clonbrusk Resource Centre, Clonbrusk, Athlone	10am-12pm	
	Tuesday 20 <sup>th</sup> March	Athlone Education Centre. Moydrum road, Athlone	7pm-9pm	
	Tuesday 10 <sup>th</sup> April	Ballymahon - Venue to be Confirmed	7.30pm-9.30pm	

## Triple P Teen Workshop Calendar - Spring 2018

Topic	Date	Venue	Time
<b>Coping with Teenagers' Emotions</b>	Tuesday 20 <sup>th</sup> February	Treo Nua Resource Centre, Harpur's Lane, Portlaoise	10am-12pm
	Wednesday 28 <sup>th</sup> February	Family Centre, St. Mel's Road, Longford town	7.30pm-9.30pm
	Wednesday 7 <sup>th</sup> March	Tullamore Community & Family Resource Centre, Arden View, Tullamore	7.30pm-9.30pm
	Tuesday 13 <sup>th</sup> March	Westmeath Community Development Offices, Clonmore Business Park, Mullingar	7.30pm-9.30pm
	Tuesday 20 <sup>th</sup> March	Athlone Education Centre, Moydrum road, Athlone	7pm- 9pm
	Wednesday 21 <sup>st</sup> March	Youth Café/Sub Project, Main Street, Birr	10am-12pm

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Subject to change