

Small changes,
big differences.



Group Teen Triple P

Takes the guesswork out of parenting teenagers!

Teen Triple P is a 9 week positive parenting programme which is suitable for parents and carers of children/teens (12-16years).

The programme can help parents and carers to:

- cope positively with some of the common issues associated with raising a teenager
- build a stronger relationship with their teenager
- resolve conflict in the family
- manage difficult behaviours
- help their teen stay safe.

The program consists of group sessions and telephone support. The first 4 sessions provide tips you need to start positive parenting. Then, 3 weeks to practice Teen Triple P at home. Your Triple P provider will call you every week at a set time to find out how you're doing and offer advice if you're having any trouble. Those calls will last about 15 minutes. Finally, you'll meet up with your group and Triple P provider for 1 last session. This is a chance to go over any problems you may still have – and to congratulate yourself on how far you've come!

How do parents attend this group?

Parents can self refer by contacting the relevant Family Support Hub (details below)

Parents can be referred to this programme by staff with parental consent

Parenting Support Workers in each Family Support Hub will meet the parents prior to group commencing to support the parent engage and complete any pre-group assessments

Programs are delivered by Family Support Workers and Partner Agency staff from YFCL.

Referrals require a request for assistance to social work local office (details below):

Hamilton Family Support Hub

2 Donaldson St, Hamilton ML3 0NS
Ph: 01698 458832

Please send RFA to:

swlohamilton@southlanarkshire.gov.uk

Cambuslang Family Support Hub:

5 Johnson Dr, Cambuslang G72 8JR
Ph: 0141 646 1008

Please send RFA to:

swlorutherglen2@southlanarkshire.gov.uk

Lanark Family Support Hub

40 North Vennel, Lanark ML11 7PT
Ph: 01555 673209

Please send RFA to:

swloclydesdale@southlanarkshire.gov.uk

East Kilbride Family Support Hub

Scholar's Gate, East Kilbride, G75 9JL
Ph: 01355 228093

Please send RFA TO:

swloeastkilbride@southlanarkshire.gov.uk