

Courses for Parents

Triple P

Positive Parenting Programmes Spring 2025

Stepping Stones

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

Standard - Primary

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

Teen Triple P

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

Fear Less

For parents of 6-14 years, the programme aims to help parents support their children with anxiety.

Once a week for 6 weeks, starting:
Tuesday 21 January to 25 February 2
10:00- 12:00
Virtual

Once a week for 6 weeks, starting:
Monday 20 January to 24 February
10:00- 12:00
Virtual

Once a week for 3 weeks, starting:
Friday 24 January to 7 February
10:00- 12:00
Face to face, Plough Lane

Booking information



CHAT@herefordshire.gov.uk



Children's Help and Advice Team on
01432 260 261

**Groups may be cancelled if
attendance is low**