



# Stepping Stones Triple P Parenting Programme



## Supermarket meltdowns? Mealtime tantrums? Bedtime battles?

When you're the parent or carer of a child with a disability, sometimes life can be extra challenging.

Stepping Stones Triple P

Tips and Strategies

Encourage behaviour you like

Teach your child new skills

Cope with stress

Triple P courses run for six weeks followed by telephone support. The next course will be for **families with a child with autism or a learning disability.**

Starting on: **Friday 1<sup>st</sup> March 2019**

This course will take place at **10am-12:30pm** at **Barnet Mencap's office**, 35 Hendon Lane, Finchley N3 1RT

If you are interested in attending please contact **Project Support** at Barnet Mencap on **020 8349 3842** or by email to **projectsupport@barnetmencap.org.uk**