

# FREE Triple P and Stepping Stones Parenting Programmes



Parenting is one of the hardest jobs in the world - our free parenting courses are designed to support parents to be the best they can be

**Our regular 6 week programmes will not tell you how to parent, but give you a toolbox of ideas to improve your confidence in:**

"The staff are amazing! Friendly, great communication and make you feel at ease."

- Boundaries
- Routines
- Behaviour management techniques
- Looking after yourself as a parent

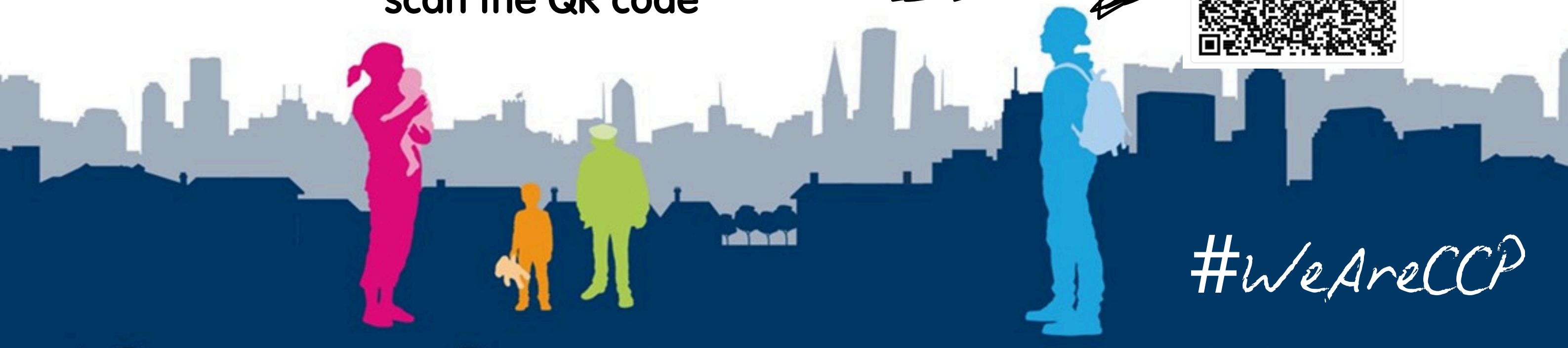


**Our programmes are:**

- Free to access
- For parents of children aged 0-12
- Run by professionals with SEN Experience
- Friendly and Non judgemental
- A chance to meet like minded people who understand your situation
- Flexible - run across the year, at different venues across South Gloucestershire, with day, evening and online options to attend

"We've seen a huge improvement in our confidence as parents. Since implementing strategies learned on the course, our family life is much calmer and happier."

For more information, get in touch via [family.referrals@ccp.org.uk](mailto:family.referrals@ccp.org.uk), or to book a place please scan the QR code



#WeAreCCP