


Courses  
available to  
undertake  
in person, or  
online


# Triple P



Triple P is a positive parenting programme but it doesn't tell you how to parent. It is more like a toolbox of ideas. You choose the strategies you need and how to put them into action.



Group Triple P  
for those parenting  
aged 2 -10 years

Teen Triple P  
for those parenting Teens 



Stepping Stones Triple P  
for those parenting children  
with disabilities

Westgate - Group Triple P  
Monday 9.30 - 11.30am

Online Zoom - Group Triple P  
Tuesday 6 - 7pm

Online Zoom - Group Triple P  
Wednesday 1 - 2pm

Online Zoom - Triple P Teen  
Wednesday 6 - 7pm

Lune Park - Stepping Stones Triple P  
Thursday 9.30 - 11.30am



To book on, or for more information contact  
[nichola.burrow@lancashire.gov.uk](mailto:nichola.burrow@lancashire.gov.uk) or call 01524 581280