



## **Triple P Discussion Group for Parents and Carers**

### **Topic: Coping with teenagers' emotions**

Teenagers can experience a wide range of emotions and at times this can make family life stressful and frustrating. This group will give you the opportunity to meet other parents to share some of your experiences and ideas with and learn some positive parenting suggestions to help you support your child to manage their emotions.

**Who is it for?** For parents and carers of 12-18 year olds

**When is it happening?** Monday 27<sup>th</sup> March, at Les Quennevais School from 18:00 – 20:00

**How can I take part?** To join, contact the Children and Families Hub team on 01534 519000, or email [childrenandfamilieshub@gov.je](mailto:childrenandfamilieshub@gov.je).

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The Children and Families Hub provides information, advice and support for children, young people and families.

To find out more, scan the QR code or visit [www.gov.je](http://www.gov.je) and search for *Children and Families Hub*

