



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.**

Fridays 10th January - 14th February 2020

This course will take place at **10am-12:30pm** at
Barnet Mencap, 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