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## Programmes for parents

Last Modified August 13, 2025



Parenting isn't easy. All parents need support at times with their role as a parent and bringing up children. Your local family hub can help and support you with all areas of parenting.

Call in and chat to one of our friendly family hub workers to find out more about the range of free programmes available and to book your space.

### Triple P for baby (face to face or online)

Are you a new parent? You could join us for our Triple P for Baby programme. This 9-week programme provides friendly relaxed sessions that will help to promote your baby's development, build a strong bond with your baby, manage common difficulties of caring for babies and meet other new parents/carers in a similar position. This could be a really great way to start your parenting journey.

This [programme is available face to face or online](#). Contact your local family hub to find out more and to register your interest in the programme.

### Triple P for children (face to face)

Are you a parent/carer of a pre-school or school aged child? You could join us for our Triple P for Children programme (2 to 12 years). This 9-week programme offers friendly relaxed sessions to provide tips and ideas to help bring out the best in your children, whilst also positively managing common emotional and behavioural difficulties. Come along and meet other parents/carers who are in a similar situation, whilst you navigate parenting your pre-school and school aged children.

This programme is available face to face. Contact your local family hub to find out more and to register your interest in the programme.

### Triple P teen (face to face)

Are you a parent/carer of a teenager? You could join us for our Triple P Teen programme. This 9-week programme offers friendly relaxed sessions which provide tips and ideas to help bring out the best in your teenager, whilst also positively managing common teenage emotional and behavioural difficulties. Come along and meet other parents/carers who are in a similar situation whilst you navigate parenting a teenager.

This programme is available face to face. Contact your local family hub to find out more and to register your interest in the programme.

# Triple P stepping stones (face to face)

Are you a parent/carer of a child with additional needs? You could join us for our Triple P Stepping Stones programme. This 9-week programme offers friendly relaxed sessions which provide practical tips and ideas to support you in caring for a child with additional needs (2 to 12 years). Come along and meet other parents/carers who will understand the unique challenges that you face.

This programme is available face to face. Contact your local family hub to find out more and to register your interest in the programme.

# Triple P fear-less (face to face)

Are you a parent/carer of a child with anxiety? You could join us for our new Triple P Fear-Less Programme. This 7-week programme offers friendly relaxed sessions which provide opportunity for parents/carers to develop a range of tools and skills to support children aged 6 to 14 years old with overcoming their anxiety. Come along and have the chance to meet other parents/carers in a similar position.

This programme is available face to face. Contact your local family hub to find out more and to register your interest in the programme.

# Empowering parents, empowering communities

Parenting can be challenging, but you don't have to do it alone! Empowering parents, empowering communities (EPEC) Being a Parent is a welcoming group for parents, carers, and family members of children under 12. Run by two trained Blackpool parents who bring their own experiences and skills, each session is friendly, engaging, and supportive.

Over nine weekly sessions, you'll explore key topics like communication, listening skills, discipline, and managing family stress—all in a relaxed and understanding environment. Sessions are available both face-to-face and online, so you can choose which option works best for you.

Come along, connect with others, and gain practical tools to support your parenting journey!

## Additional information

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Municipal Buildings  
Corporation Street  
Blackpool  
FY1 1NF

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