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## Take 3 Individual Training

TUG Training are pleased to confirm the following training dates for Autumn 2018:

**Tuesday 13th, Wednesday 14th and Thursday 15th NOVEMBER.**

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**LOCATION: Leeds Sailing & Activity Centre, Cemetery Road,  
Yeadon, Leeds, LS19 7UR**

TRAINING FOR INDIVIDUAL PRACTITIONERS WORKING WITH PARENTS, FAMILIES, AND YOUNG PEOPLE, WHO ARE EXPERIENCING SIGNIFICANT DIFFICULTIES AT HOME OR IN THE COMMUNITY.

The training we offer comprises 3 days.

The first 2 days are devoted to Take 3, a nationally recognised and renowned Parenting Programme, enabling practitioners to run courses for parents of teenagers aged from 10-19.

Day 3 focusses on 1:1 intervention using Take 3 and other current resources and explores engagement, relationship building, resilience, and models of change. Day 3 will also encourage self-reflection, promote best practise, and has been evaluated as 'extremely useful' even for very experienced practitioners.

Further information about evaluations, the trainers, and their experience is available on our website:

[www.tugtraining.co.uk](http://www.tugtraining.co.uk)

### What is Special or Different about the Take 3 Programme?

There are several evidence-based programmes currently being used in the UK for supporting parents of teenagers, and sometimes it's hard to choose the right programme for your client group.

These are some of the reasons why you might like to opt for **Take 3**:

It has been developed in the UK. Unlike those programmes that were created in other countries, this programme was written, developed and evaluated in the UK, specifically meeting the needs of UK parents, regardless of their ethnic background.

Whilst covering the usual parenting skills and strategies (communication, boundaries etc.), Take 3 also explores in some depth the reasons why young people feel and behave as they do and looks at individual relationships between parents and adolescents. The Notes for Information about Take 3 can be found on the [Take 3 website](#).

## Current Training Charges:

### Individual Training cost

**3 Day training - £550** per person (includes standard qualification and one day training for work with individuals/families).

This includes all training materials, but excludes Take 3 manual (see below).

### Other Costs

**Purchase of Take 3 Manual - £135** per pack. You will need this to work with families.

**Submission of accreditation portfolio (*optional*) - £45** p/person. See [Take 3](#) parenting website for details.

**N.B.** Each participant will need access to a **Take 3** pack for the training.

Copies are available for loan and must be returned at the end of the training. Please inform us in advance of the training if you need to borrow one.