



Parents: Are you finding you can use some support?

We Can Help!

Triple P
Positive Parenting Program

Promotes positive, caring relationships between parent and child

What is Triple P?

- ✦ A no-cost, parenting and family support program
- ✦ For parents with children and/or teens
- ✦ Individual or group sessions. One to four-sessions. Facilitated by certified staff
- ✦ Provides parents with simple, effective management strategies in response to: dealing with disobedience, bedtime routines, hassle-free shopping, managing fighting & aggression, cooperation, emotions, teen survival skills and reducing family conflict.





Triple P

Positive Parenting Program

Series of engaging discussion groups for parents with children ages 0-12yrs. Topics include:

- Dealing with Disobedience
- Managing Fighting and Aggression
- Bedtime Routines
- Hassel Free Meals
- Hassel Free Shopping

Series of engaging discussion groups for parents with Teens.
Topics include:

- Building Teens Survival Skills
- Coping with Teens Emotions
- Getting Teens to Cooperate
- Reducing Family Conflict

In English or Spanish, for more information contact NCADD-RA:

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