



**National Council on  
Alcoholism and Drug  
Dependence-Rochester Area**

**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 or 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.



Contact Us  
**585-719-3481**



Visit Our Website  
**[www.ncadd-ra.org](http://www.ncadd-ra.org)**





## Triple P

### Positive Parenting Program

A series of engaging group discussions for parents of children ages 0 to 12.  
Topics include:

- Dealing with disobedience.
- Managing fighting and aggression.
- Developing good bedtime routines.
- Mealtimes without problems.
- Hassle-free shopping with children.
- Hassle-free mealtimes with children.

A series of engaging group discussions for parents of teenagers includes:

- Getting teenagers to cooperate.
- Coping with teenagers' emotions.
- Building teenagers' survival skills.
- Reducing family conflict.