

Free!

PARENTING COURSES



Triple P-Positive Parenting Program

– for parents of children ages 2 through 11 years-old –

Build a more positive relationship with your children and deal positively, consistently and decisively with problem behaviors in this eight-session program.

Teen Triple P (Teen Positive Parenting Program)

– for parents of teenagers ages 11 to 17 years –

Explore strategies to increase desirable teen behaviors and manage problem behaviors in a constructive and caring manner to reduce conflict and minimize risk taking behavior in this eight-session program.

Pathways Triple P

– for parents who have completed an 8-session Triple P program –

Explore ways to effectively manage stress and anger in this five-session program.

Primary Care Triple P

– one-to-one consultations –

Over several weeks parents create an individualized parenting plan targeting a behavioral challenge related to a child or teen.

Stepping Stones Triple P

– for families who have a child ages 2 through 12 years-old who has a disability –

Explore skills and strategies that promote positive behaviors making a difference in daily family life in this eight-session program.

Free!

PARENTING SEMINARS

Six Triple P Seminars are available

Triple P Seminars provide parents with tips and information that target everyday parenting concerns.

For families with children ages birth to 11 years

Seminar 1: The Power of Positive Parenting

Build a stronger parenting foundation and explore how implementing five positive parenting principles can influence children's behavior.

Seminar 2: Raising Confident, Competent Children

Parents explore ways to enhance the positive development of their children by teaching skills and values.

Seminar 3: Raising Resilient Children

Parents influence how children cope with emotions and stress. Learn ways to strengthen children's emotional resilience and coping skills.

Positive parenting nurtures a child's development.



Nurturing Parents & Families

– for parents of children 6 months through 4 years-old –

Parents focus on healthy and nurturing interactions with their infants, toddlers and preschool children and learn skills to positively guide behavior, establish routines, manage stress and solve problems in this six-session program.



ABCs of Parenting

– for parents of children ages 5 through 10 years –

Parents explore strategies to promote development, encourage positive behavior, teach responsibility, and communicate effectively with children including talking about drugs, alcohol and other tough issues in this six-session program.



Staying Connected With Your Teen

– for parents & youth ages 11 to 17 years –

Families implement positive behavior approaches and use problem-solving and conflict resolution strategies that support and encourage youth development in this six-session program.



BabyCare

– for parents of children birth to 6 months-old –

Expecting and new parents discuss new-parent topics like bonding, infant care, early development, health, safety and positive parenting in this six-session program.

