



TRIPLE P DISCUSSION GROUPS - FOR COMMON PARENTING CHALLENGES

At times managing challenging behaviour can be harder than we think. This parenting discussion group provides participants with a toolbox of parenting ideas so they can begin to choose which ones are best for their family.

Triple P Discussion Groups are short, small group sessions that offer parents practical evidence-based strategies for tackling specific challenging behaviours.

These discussion groups are for parents with children between the ages of 4-12 to learn new positive parenting strategies and to connect with other parents.



Triple P Positive Parenting Discussion Groups

WHAT ARE TRIPLE P PROGRAMS?

A discussion group is a short, small group session run by a trained Triple P provider. Each session brings together parents who are experiencing the same parenting issue.

WHAT HAPPENS AT A DISCUSSION GROUP?

In a relaxed group session, your provider will give you tips and suggestions for dealing with your child's challenging behaviour. You will see short video clips showing other parents successfully dealing with the same issue and you will be encouraged to share your thoughts with the others in the group, if you wish to. You will also be given take-home sheets with simple exercises and information to help you try your new strategies at home.

HOW LONG DO THE SESSIONS TAKE AND HOW MANY DO I ATTEND?

A Triple P Discussion Group session takes about an hour. You may do as many or as few as you like. One, two, three or four - it's up to you!

Register [HERE](#) for the upcoming group:

Dealing with Challenging Behaviours

January 18, 2022

12:00 p.m. - 1:00 p.m. OR 6:00 p.m. - 7:00 p.m.