

# TRIPLE P

## PARENTING PROGRAM

Triple P is an evidence based positive parenting program that aims to increase parental competence and confidence in raising children. *Group Triple P* seeks to improve the quality of parent-child relationships and help parents develop effective, practical strategies for managing common behavioral and developmental challenges. Group Triple P focuses on children ages 2 to 12.

### WHAT WILL I LEARN IN GROUP TRIPLE P:

- ◆ Effective parenting strategies
- ◆ How to promote your child's development
- ◆ How to manage common child behavior problems
- ◆ Principles to help you deal with almost any situation



Depending on location, *Group Triple P* consists of either four or five consecutive in-class group sessions. It is important that you make a commitment to attend all of the classes. Follow up phone support and/or home visits are available during and after completion of the program.

## TRIPLE P PARENTING PROGRAM

*~Please register online using the links provided, by the registration cut-off date.~*

STURGEON HEIGHTS SCHOOL, 50 Hogan Rd, St. Albert

Tuesday Evenings - February 5, 12, 19, 26, 2019

6:00pm to 7:30pm

*childcare and snacks will be provided*

register at <https://goo.gl/forms/oimSQaAPnQbVnrJn2> by January 29, 2019

or

GUTHRIE SCHOOL, Bldg 198, Hwy28A, Lancaster Park

Tuesday Evenings - March 5, 12, 19, April 2, 9, 2019

5:30pm to 8:00pm

*childcare and snacks will be provided*

register at <https://goo.gl/forms/msglQahkC7TRVoFy1> by February 26, 2019

If you have any questions please contact Jessica Logan, at [jessica.logan@sturgeon.ab.ca](mailto:jessica.logan@sturgeon.ab.ca) or 780-939-4341 ext. 1267

