Teen Triple P Positive Parenting Group


New virtual positive parenting course starts at the CMHRT, University of Waterloo in October 2021

- **Triple P** is an evidence-based behavioural parenting group program
- **Triple P** equips parents of youth ages 12 to 16 years with the skills and confidence they need to manage parenting tweens and teens
- Cost is $200 for the 8 week program plus $30 for the parenting workbook

**DATES:** Tuesday nights Oct 19 to Dec 7 2021
**TIME:** 6:00 to 8:00 pm
**VENUE:** Held remotely via videoconferencing (MS Teams)
**FACILITATORS:** Dr. Marjory Phillips (supervisor) with experienced graduate students in clinical psychology

Please contact cmhrtintake@uwaterloo.ca or (519) 888-4567 ext. 33842 if you would like to participate in the program and to discuss whether it is suitable for your family. Space is limited. For more information, please see https://uwaterloo.ca/cmhr/
Triple P Teen Positive Parenting Program at the CMHRT

What is Teen Triple P?

- Group program based on research evidence and used in 35 countries worldwide
- Opportunity to meet other parents in similar situations
- Provides tips and strategies to suit the individual needs of your family
- Includes a handy workbook with parenting tools and information
- Includes video and demonstrations to put ideas into practice

When does it start?

- Tuesday evenings from 6 to 7:30 pm from October 19 to December 7 2021
- 6 in class 90 min virtual group sessions: Oct 19, Oct 26, Nov 2, Nov 9, Nov 16, Dec 7 2021
- 2 individual 30 min telephone sessions scheduled during the weeks of Nov 23 and Nov 30

Who is it for?

- Parents of youth ages 12 to 16 years
- Parents seeking strategies to manage challenging tween and teen behaviors
- Parents wanting to learn new ideas, to reduce parenting stress, or to feel more confident in their parenting

What does it cost?

- The group program fees are $200 for the 8 week program
- There is an additional cost of $30 for the parent workbook, which will be mailed out via Canada Post in advance of the group
- Subsidies are possible. Since the group is facilitated by a registered psychologist, these psychological services may be eligible for reimbursement from insurance benefits.

How do I sign up?

- Interested parents should email the UW CMHRT at cmhrtintake@uwaterloo.ca and should say that they are interested in Triple P. Spaces are limited.
- We will arrange a short telephone call to discuss your parenting goals and to determine whether this program can best meet your needs.