**TRIPLE P POSITIVE PARENTING GROUP 2019**

**AT THE UNIVERSITY OF WATERLOO CENTRE FOR MENTAL HEALTH RESEARCH AND TREATMENT**

**GROUP FOCUS**: Teen Triple P Positive Parenting Group Program (Level 4)

**TIME and DURATION:** Day and time to be determined; 4 in class groups + 3 weekly individual phone calls + 1 final group session

**DATES:** Coming winter 2020, dates to be determined

**PLACE:** University of Waterloo CMHRT, PAS 1401

**GROUP LEADERS:** Dr. Marjory Phillips withexperienced therapists-in-training from our roster of senior doctoral students and predoctoral residents in Clinical Psychology

**SUPERVISOR:** Marjory Phillips, Ph.D., C.Psych.

**MAXIMUM NUMBER OF CLIENTS:** 12

**WHAT IS IT?** Triple P is an effective, evidence-based behavioral parenting intervention developed in Australia and now implemented in more than 24 countries. The program gives parents and guardians simple and practical skills and strategies that they can use to encourage the development of emotional self-regulation, communication, independence and problem solving skills in their adolescents. The program also helps to reduce parent/teen conflict and to improve parent confidence. The program includes the use of video clips, demonstrations and practice, along with individual consultation with the group leaders to tailor the skills for each parent. There is also a final group session to review and to evaluate progress.

**WHO IS IT FOR?** Parents of adolescents who are demonstrating some challenging behaviors. It is also for motivated parents interested in gaining a more in-depth understanding of positive parenting and in developing confidence in parenting teenagers. It is available for parents of adolescents from ages 12 to 16 years**.**

**TREATMENT COST:** The group program fees include $200 for the 8 week program. The cost of the parent workbook is included.

**HOW TO REFER:** Interested clients should contact the UW CMHRT at 519-888-4567 x33842 or cmhrtintake@uwaterloo.ca and should say that they are interested in Triple P Teen. Spaces are limited.

**OTHER IMPORTANT INFORMATION:**  We are currently accepting referrals for our Triple P Teen Group, although the dates are still to be determined for some time in the new year. Parents who are interested in the program will complete a short phone screen to ensure that this service is a good fit.

We are running a Triple P Positive Parenting Group for parents of children ages 3 to 11 years this fall 2019 and will offer it again in 2020. Please contact us for more information if you are interested.