WATERLOO | ARTS PSYCHOLOGY

centre for mental health research and treatment
PSYCHOLOGICAL SERVICES, TRAINING, & RESEARCH

Triple P Positive Parenting Program at the CMHRT

What is Triple P?

- **Group parenting program** based on research evidence and used in 35 countries
- 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 7:30pm from Jan 26 to March 23, 2027**
- 6 in class group 90 min sessions: Jan 26, Feb 2, Feb 9, Feb 23, Mar 2, Mar 23
- 2 individual 30-minute video conference sessions: week of Mar 9 & Mar 16
- No class during the week of Feb 16 2027 (UW Reading Week)

Who is it for?

- **Parents of children ages 3 to 11 years**
- Parents seeking strategies to manage challenging child 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, per family
- There is an additional cost of $30 for the parent workbook, per family
- Subsidies are possible

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.