



Parenting can be a stressful time at the best of times.

Kids misbehave and it can be hard to know how to manage. You might feel as though other parents don't have these challenges. Or you might simply want to

learn more parenting strategies to support better relationships and a happy family.

Positive Parenting can help.

Contact the CMHRT to find out more about the **Triple P Group** (Positive Parenting Program) offered at the University of Waterloo on **Wednesdays from January 17 to March 7, 2024, from 6 to 7:30 pm.**



Please contact cmhrtintake@uwaterloo.ca 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/mental-health-research-treatment/clinical-services-resources/parenting-services>

