

Small changes,
big differences.



Teen Triple P Positive Parenting Group

Happier Families. Better Relationships.

New in-person positive parenting course starts at
the CMHRT, University of Waterloo in **March 2025**

- **Triple P** is an 8 week evidence-based behavioural parenting group program
- **Triple P** equips parents of youth ages 11 to 16 years with the skills and confidence they need to manage parenting tweens and teens
- Cost is \$200 per family for the 8 week program, plus \$35 workbook

DATES: Tuesday nights March 18 to May 6, 2025

TIME: 6:00 to 7:30 pm

VENUE: CMHRT, University of Waterloo

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/cmhrt/>.

www.triplep-parenting.net