

Small changes,
big differences.



Teen Triple P Positive Parenting Group

Happier Families. Better Relationships.

New virtual positive parenting course starts at the
CMHRT, University of Waterloo in **October 2022**

- **Triple P** is an 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 for the 8 week program and includes the parenting workbook

DATES: Wednesday nights Oct 19 to Dec 7 2022

TIME: 6:00 to 7:30 pm

VENUE: TBD based on parent preference for remote vs in person.

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