

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 2021**

- **Triple P** is an evidence-based behavioural parenting group program
- **Triple P** equips parents of youth ages 12 to 16 years with the skills and confidence they need to manage parenting tweens and teens
- Cost is \$200 for the 8 week program plus \$30 for the parenting workbook

DATES: Tuesday nights Oct 19 to Dec 7 2021

TIME: 6:00 to 8:00 pm

VENUE: Held remotely via videoconferencing (MS Teams)

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



Triple P Teen Positive Parenting Program at the CMHRT

What is Teen Triple P?

- Group program based on research evidence and used in 35 countries worldwide
- 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 7:30 pm from October 19 to December 7 2021
- 6 in class 90 min virtual group sessions: Oct 19, Oct 26, Nov 2, Nov 9, Nov 16, Dec 7 2021
- 2 individual 30 min telephone sessions scheduled during the weeks of Nov 23 and Nov 30

Who is it for?

- Parents of youth ages 12 to 16 years
- Parents seeking strategies to manage challenging tween and teen 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
- There is an additional cost of \$30 for the parent workbook, which will be mailed out via Canada Post in advance of the group
- Subsidies are possible. Since the group is facilitated by a registered psychologist, these psychological services may be eligible for reimbursement from insurance benefits.

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.