



## FREE Triple P Positive Parenting Program

The Triple P Groups and Seminars are for all parents/caregivers of children ages 2 to 16

*Parents all over the world struggle with many of the same issues. Triple P Positive Parenting Program has a series of sessions available to help families tackle the most common concerns.*

### Triple P Discussion Groups

Geared towards parents/caregivers of children up to 12 years of age. Facilitators will cover topic-related problems that occur, why those problems happen, as well as common traps parents tend to fall into when dealing with the problem behavior. Participants will learn how to keep track of problem behavior, as well as key strategies and steps to preventing and managing them. Group exercises offer parents the opportunity to learn from one another by sharing ideas and experiences. Space is limited!

#### Dealing with Disobedience

October 5, 5:30pm-8pm.

Facilitators: Shirley Parker & Rosie Rankin

#### Managing Fighting and Aggression

October 26, 5:30pm-8pm.

Facilitators: Brooke Knight & Ashley Jackson

### Teen Seminar Series

Designed to give parents an understanding of the basics of positive parenting. Seminars address some of the most common parenting and behavioral issues families with teenagers face. Seminars provide information for parents interested in learning positive ways to promote their teenager's independence, health, development and well being. The sessions aim to build parental confidence in raising responsible and competent teenagers.

#### Raising Responsible Teenagers

September 21, 6:30pm-8pm.

Presenter: Susan Lee

#### Raising Competent Teenagers

November 2, 6:30pm-8pm.

Presenter: Susan Lee

**For more information or to register, please contact:**

**Children & Youth Partnership for Dare County at 441-0614**

Sessions held at the Outer Banks Family YMCA. Childcare available upon request.

Join us for these FREE sessions and put some great new tools in your parenting toolbox with Triple P!

