



Triple P Takes the guesswork out of parenting

When it comes to raising kids and teenagers, everyone has an opinion. There are so many ideas out there. So how do you know what's best and what works? The Triple P – Positive Parenting Program takes the guesswork out of parenting. It is one of the few parenting programs in the world with the evidence to show it works for most families.

Triple P gives parents simple tips to help manage the big and small problems of family life. Problems like toddler tantrums or teenage rebellion, self-esteem issues, bedtime battles, disobedience or aggression. Triple P can help you deal with them all – and more!

Source: web, <http://www.triplep-parenting.net/alb-en/home/>



Group Stepping Stones Triple P®

Our consultants are certified trainers.

Thursday evenings, 6:30 - 9:00pm
February 12 - April 9, 2015

Register by: February 2, 2015

posAbilities

Laurel

Behaviour Support Services

**For more information
and to register:**

Please contact our
Team Leader at (778) 945-1435
or email laurel@posAbilities.ca

Group Stepping Stones Triple P[®]



Triple P[™] is an evidence based parenting program that teaches parents and/or caregivers a variety of positive parenting skills that promote positive interactions with their child. "Stepping Stones" is a program designed for parents with children 12 years and under who have a developmental disability (e.g. down syndrome, autism) or other learning challenges (i.e. attention deficit hyperactivity disorder).

The program is delivered over the course of nine weeks with six sessions in a center as a group and three 1:1 sessions with a consultant over the phone. It is facilitated by Triple P Certified Behaviour Consultants from Laurel Behaviour Support Services.

This program focuses on the following components:

1. Positive parenting
2. Promoting children's development
3. Teaching new skills and behaviours
4. Managing mis-behaviour and parenting routines
5. Planning ahead
6. Implementing parenting routines

Location: The YMCA at Brentwood Community Resource Centre
2055 Rosser Avenue, Burnaby.

Day: Thursdays

Start: February 12, 2015

End: April 9, 2015

Time: 6:30pm to 9:00pm

Price: \$200 per person.
Couples who are primary caregivers attending together, \$300.

Ask us about child minding services and financial aid if needed.

For more information and to register:

Please contact our Team Leader at (778) 945-1435, or email laurel@posAbilities.ca

Deadline February 2, 2015.



This event is in partnership with the YMCA of Greater Vancouver.



Head Office: Suite 101, 4664 Lougheed Hwy.
Burnaby, BC, V5C 5T5

phone (778) 945-1430 | fax (604) 299-0329
email laurel@posabilities.ca web www.laurelbc.ca