

# **Positive Parenting Program**



### WHAT IS TRIPLE P?

The Triple P - Positive Parenting Program® is a parenting and family support system designed to prevent - as well as treat - behavioral and emotional problems in children and teenagers. It aims to prevent problems in the family, school and community before they arise and to create family environments that encourage children to realize their potential.

Beech Acres Parenting Center utilizes Triple P to help guide grandparents and other relatives caring for a loved one's child as part of our Kinship Connections program.

### IS TRIPLE P FOR ME?

Triple P is for <u>every</u> parent! Whether you are raising your biological children

or grandchildren or caring for the child of a loved one, Triple P offers a flexible, practical approach to parenting that can adapt to any age child. Triple P gives you support to help you manage your child's behavior and prevent the kinds of problems that make your family life stressful.

## WHAT CAN I EXPECT?

Kinship Connections through Beech Acres Parenting Center provides a safe place for caregivers to access financial resources, navigate complex paperwork, and network with other caregivers experiencing similar situations. Triple P provides the structure to these sessions to ensure you're on the right path. You will learn how to manage your children's behaviors in a positive way, ways to teach kids new skills, and how to take care of themselves in the process.

This is an 8-week commitment that includes 4 group sessions, 3 weeks of at home skills practice with a 20-minute phone consult each of these weeks. The last week we come back together to discuss what worked what didn't and CELEBRATE your accomplishments!

## WHEN DO WE GET STARTED?

### **Class Begins:**

Tuesday October 8, 2019 10am-12pm Beech Acres Parenting Center 676 Columbus Avenue Lebanon, Ohio 45036

### PLEASE RSVP TO:

#### Dawn Merritt

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