

Positive Parenting Class Starting Soon...

Group Triple P



The Triple P – Positive Parenting Program® is one of the world's most effective parenting* programs. One of the few based on evidence from ongoing scientific research, it has been tested with thousands of families through more than four decades.

- Triple P works by giving caregivers the skills to raise confident, healthy children, and to build stronger family relationships.
- Triple P helps caregivers manage misbehavior and prevent occurring problems
- Triple P doesn't tell people how to "parent". Rather, it gives them simple and practical strategies they can adapt to suit their own values, beliefs and needs.

*We consider anyone in a caregiving role to be a parent.

WHO:

Caregivers
of Children
Ages 0-12

DATE:

It is offered
throughout the year,
alternating between
English and Spanish

TIME:

Every
Thursday
from 5pm
to 7pm

VENUE:

Zoom Class
Sessions
(Includes 6 group
sessions and 3
individual sessions)

COST:

FREE!

Space is Limited. To Reserve Your Spot Please Call Mayra Valencia
at (805) 458-6388 or email: mvalencia@t-mha.org

