

# 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 parents the skills to raise confident, healthy children, and to build stronger family relationships.
- Triple P helps parents manage misbehaviour 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.

### WHO:

Parents of Children  
Ages 0-12

### DATE:

10-Week Group  
Beginning  
November 10th

### TIME:

Every  
Thursday  
from 5pm  
to 7pm

### VENUE:

Zoom  
Class  
Sessions

### COST:

FREE!

Space is Limited. To Reserve Your Spot Please Call By October 28, 2022

Mayra Valencia at (805) 458-6388 or email: [mvalencia@t-mha.org](mailto:mvalencia@t-mha.org)

