



## TRIPLE P DISCUSSION GROUPS - FOR COMMON PARENTING CHALLENGES

### IS THIS YOU?

A child who melts down in the supermarket. One who won't go to bed without a fight.  
The child who is always disobedient, or the one who bites, hits or fights.

If your child fits any of these descriptions, Triple P Discussion Groups can help.

Triple P Discussion Groups are short, small group sessions that offer parents practical evidence-based strategies for tackling specific challenging behaviours.



# Triple P Positive Parenting Discussion Groups

### WHAT ARE TRIPLE P PROGRAMS?

A discussion group is a short, small group session run by a trained Triple P provider. Each session brings together about 10-12 parents who are experiencing the same parenting issue.

### WHAT HAPPENS AT A DISCUSSION GROUP?

In a relaxed group session, your provider will give you tips and suggestions for dealing with your child's problem behaviour. You will see short video clips showing other parents successfully dealing with the same issue and you will be encouraged to share your thoughts with the other parents in the group, if you wish to. You will also be given take-home sheets with simple exercises and information to help you try your new strategies at home.

### HOW LONG DO THE SESSIONS TAKE AND HOW MANY DO I ATTEND?

A Triple P Discussion Group session takes two hours. You may do as many or as few as you like. One, two, three or four - it's up to you!

Register [HERE](#) for the upcoming group:

**Dealing with Disobedience**

**November 9, 2021**

**11:00 a.m. - 1:00 p.m. OR 6:00 p.m. - 8:00 p.m.**