Parenting teenagers is rewarding...and challenging!
Triple P works by giving parents skills to raise confident, healthy children and teenagers, and build stronger family relationships.

Please join us for any or all of the FREE discussion groups offered this SPRING. Group discussions help parents deal with some of the most common challenges of parenting teenagers.

Register Today!
tempecommunitycouncil.org/triple-p
(must register to attend)

ALL Discussion Groups are held at Tempe Public Library - Lower Level, 3500 S. Rural Rd.
A light snack will be provided.

Friends and Peer Relationships
Tues., January 14, 5:30-7:30 pm, Program Room B
Parents share some of their experiences and ideas about dealing with non-cooperation and discuss reasons why teenagers can be uncooperative. Several positive parenting strategies are introduced to help parents develop a plan to motivate their teenager to be cooperative at home.

Rudeness and Disrespect
Wed., January 29, 5:30-7:30 pm, Program Room B
As teenagers make the transition from childhood to adulthood, many parents feel their teenagers become less respectful towards them. Parents may find this change upsetting, and it can lead to conflict between parent and teenager. The group will talk about ways to help manage rude and disrespectful behavior and develop a positive relationship with their teenager.

Coping with Teenagers' Emotions
Tues., February 11, 5:30-7:30 pm, Program Room B
Parents will share some of the reasons teenagers have emotional reactions and the skills that teens need to calm themselves down. Several positive parenting strategies are introduced to help parents teach their teen to better manage their emotions.

Friends and Peer Relationships
Wed., March 4, 5:30-7:30 pm, Tempe Learning Center (TLC)
Peer relationships become increasingly important during the teenage years and parents may feel they are being pushed aside. Parents need to adjust to this increasing influence of peers by developing a different sort of relationship with their teenager. Social events provide important opportunities for teenagers to mix with peers. This can be a source of conflict between parents and teens. In this discussion group, we will talk about how to deal with the challenges you may face with your teen and their relationships with their peers.

Coping with Anxiety
Tues., March 31, 5:30-7:30 pm, Tempe Learning Center (TLC)
Anxiety is common among teenagers. Sometimes normally happy teenagers will become anxious or fearful for a day or two. Some teenagers suffer from more intense and frequent feelings of anxiety. Parents will talk about what anxiety is, what might cause anxiety in their teens, how parents can help to prevent it and how to help your teen manage anxiety.

Building Teenagers' Survival Skills
Tues., April 21, 5:30-7:30 pm, Tempe Learning Center (TLC)
This discussion topic explores why teenagers sometimes make risky decisions and how they can learn to keep themselves safe while gradually developing independence. Parents are introduced to positive parenting strategies to help their teen plan for situations which may potentially put their health or well-being at risk.