# Small changes, big differences.





## FREE Teen Triple P Online Discussion Groups

#### Parenting during a global pandemic sometimes feels impossible.

## Join other parents for support and positive parenting tools.

Topics for discussion include...

Rudeness, disrespectful behavior, coping with teenager emotions, reducing family conflict, establishing and maintaining family routines, answering difficult questions, helping teens tolerate uncertainty and practicing consistent self-care and more.

FMPF

Community Council

### **Starts August 20**

Thursdays During School Year 7:30-8:30 pm

#### Triple P – Positive Parenting Program ® for parents of teenagers

## **Register & Learn More** tempecommunitycouncil.org/triple-p 480.980.7502

**QUESTIONS?** sandi\_cimino@tempe.gov 34 E. 7th Street, Tempe, AZ 85281 MORE ABOUT www.triplep-parenting.net

The Tempe Elementary, Kyrene and Tempe Union High School Districts neither endorse nor sponsor the organization or activity presented in this material. The distribution or display of this material is provided as a community service.