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.

FREE Teen Triple P Online Discussion Groups

Starts August 20
Thursdays
During School Year
7:30-8:30 pm

Triple P – Positive Parenting Program® for parents of teenagers

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