

Triple P Session Descriptions

Building Teenagers' Survival Skills: Parents want to ensure their teen can navigate risky situations and can keep themselves safe while developing independence. This session introduces parents to positive parenting strategies that can help their teen plan for situations that may endanger their health or wellbeing.

Coping with Teenagers' Emotions: Managing emotions is a vital life skill for teens! This discussion explores why teens may have emotional reactions and how parents can support them in developing useful tools to calm themselves during challenging moments.

Drinking Alcohol - Empowering Parents to Guide Healthy Choices: Parents are often unsure about how to manage their teenagers' use of alcohol. This seminar will help you to understand why teens drink alcohol and provide suggestions to help your teen resist peer pressure to use alcohol.

Getting Teenagers Connected: Learn how to support your teen in building confidence and forming positive connections within the community. This session offers practical tips to encourage healthy relationships and meaningful involvement, helping them explore new opportunities and thrive socially.

Getting Teenagers to Cooperate: This discussion invites parents to share experiences and explore why teenagers may be uncooperative. Learn positive parenting strategies to create a plan that encourages your teen to cooperate more at home.

Preventing Teen Drug Use: Learn why teens may experiment with drugs and how to help them resist peer pressure. This session offers strategies to prevent drug use and protect their health, relationships, and future opportunities.

Raising Competent Teenagers: Explore strategies to help your teen make the most of school and develop key life skills. This session offers practical tips for fostering competence while navigating common parent-teen conflicts.

Raising Responsible Teenagers: Discover effective ways to help your teen develop independence and responsibility over time. This session offers practical strategies to strengthen your relationship and foster mutual respect, even during common conflicts.

Reducing Family Conflict: This discussion looks at common family conflicts with teenagers and why they happen. Parents will learn practical strategies to help their teens get along better with family members and handle problems effectively.

Smoking and Vaping - What Parents Need to Know: Explore the rising trends of teen smoking and vaping, the risks of nicotine addiction, and their link to drug use. This session offers insights and strategies to help prevent these habits in your teen.

All sessions are generally one hour long and are facilitated by an accredited practitioner. They are relaxed, informative, and discussion-based.