

Parenting teenagers is rewarding ... and challenging!



# FREE Online Parenting Sessions for Caregivers of Teens

Discover practical tools, expert insights, and supportive solutions from trained professionals.

All sessions are one hour. They are relaxed, informative, and discussion-based.

See reverse for a complete list of topics and session dates.

Register today!



Spring 2026

**Triple P - Positive Parenting Program® for parents of youth ages 12-17**



## QUESTIONS?

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[tempecommunitycouncil.org/triple-p](https://tempecommunitycouncil.org/triple-p)



# Spring 2026 Online Schedule

Jan 12, 5:00 pm	<b>Getting Teenagers to Cooperate</b>
Jan 26, 5:00 pm	<b>Coping with Teenagers' Emotions</b>
Feb 2, 5:00 pm	<b>Building Teenagers' Survival Skills</b>
Feb 9, 5:00 pm	<b>Reducing Family Conflict</b>
Feb 23, 5:00 pm	<b>Raising Responsible Teenagers</b>
March 2, 5:00 pm	<b>Raising Competent Teenagers</b>
March 30, 5:00 pm	<b>Getting Teenagers Connected</b>
April 6, 5:00 pm	<b>Coping with Sadness and Depression</b>
April 13, 5:00 pm	<b>Coping with Anxiety</b>
April 20, 5:00 pm	<b>Promoting Digital Wellbeing</b>
April 27, 5:00 pm	<b>Fashions, Trends and Peer Influence</b>
May 4, 5:00 pm	<b>Smoking and Vaping</b>
May 11, 5:00 pm	<b>Drinking Alcohol</b>
May 18, 5:00 pm	<b>Preventing Teen Drug Use</b>
June 8, 5:00 pm	<b>Coping with Sadness and Depression</b>
June 15, 5:00 pm	<b>Coping with Anxiety</b>
June 22, 5:00 pm	<b>Promoting Digital Wellbeing</b>
June 29, 5:00 pm	<b>Fashions, Trends and Peer Influence</b>

Visit [tempecommunitycouncil.org/triple-p](https://tempecommunitycouncil.org/triple-p) to review full session descriptions.

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