

## Group Teen Triple P- Fall 2020

A parenting support program for parents/caregivers with teenagers (up to 16 years). Group Teen Triple P is designed for parents/caregivers with concerns about their teenager's behaviour or who wish to learn a variety of parenting skills that will promote their teenager's development and potential. It is delivered over the course of eight weeks (including five two-hour group sessions, and three weekly 15-minute phone consultations) by child and youth mental health professionals accredited in Triple P. At Group Teen Triple P, parents/caregivers are given tips and suggestions to suit the needs of their family. It is a great chance to meet other parents in similar situations with similar concerns. Through the use of video clips, problem-solving discussions, skill-building exercises and goal-focused approaches, parents/caregivers will learn how the strategies work in real life and are given the tools needed to start positive parenting right away.

**Who:** Parents/Caregivers in Peel with teens, aged 12 - 16

**When:** Thursday evenings - 6:30pm - 8:30pm, beginning October 8, 2020

**Where:** From the comfort of your home - Sessions are virtual via Zoom

**How to register:**

Parents/Caregivers - phone [WheretoStart.ca](http://WheretoStart.ca) at: 905-451-4655,

or call AYSP Intake at 905-890-5222 ext. 2286

*For inquiries please contact Jacqueline Kamel at 416-432-7549 or [jkamel@aysp.ca](mailto:jkamel@aysp.ca)*

**Cost:** Free!