

Triple P groups & seminars

The Triple P or Positive Parenting Program has been described as a 'toolbox of ideas' or strategies for parents to use how and when required. It understands that all families are different and the range of alternatives offered to parents can help reduce children and teenagers challenging behaviour and reduce emotional stresses.

Triple P is usually delivered over a two month period.

Evaluation of the long-running program has shown that the program helps parents feel more confident, less stressed less angry and depressed. Which is a positive outcome for the whole family.

To enquire when and where **Triple P** is being offered, please check the Resourcing Parents Website:

<http://resourcingparents.nsw.gov.au/>

Or contact The Family Action Centre on 4921 6858



THE UNIVERSITY OF
NEWCASTLE
AUSTRALIA

