

# Positive Parenting Program (Triple P)

## *Parent Discussion Groups*

### Triple P Discussion Groups

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Triple P Discussion Groups are short, no cost, small group sessions that offer practical advice for tackling specific problem behaviors. The discussion groups are facilitated by a trained and accredited Triple P provider. Each session brings together about 10-12 parents who are experiencing the same parenting problems.

### What Happens at a discussion group?

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In a relaxed group session the provider will give tips and suggestions for dealing with each specific problem behavior. Parents will be encouraged to share their thoughts and experiences with the other participants and will be provided with written materials to help implement the new strategies.

### How Long do these sessions take, and how many must I attend?

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A Triple P Discussion Group session takes two hours. Parents may participate in as many or as few sessions as they like, depending on their needs. A few small changes can make a big difference.

### Discussion Group Topics

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#### Teen Discussion Groups (13+):

- Building Teenagers' Survival Skills
- Reducing Family Conflict
- Coping with Teenagers' Emotions
- Getting Teenagers to Cooperate

#### Discussion Groups (1-12):

- Developing Good Bedtime Routines
- Dealing with Disobedience
- Managing Fighting and Aggression
- Hassle-free Shopping with Children

### Getting Started

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Triple P Discussion Groups are offered as a prevention program through the Clinton County Juvenile Court. Anyone who is interested should contact: David Ostrander, 989-640-0161, [ostranderd@clinton-county.org](mailto:ostranderd@clinton-county.org) or Erin Cuthbert, 989-640-7651, [cuthberte@clinton-county.org](mailto:cuthberte@clinton-county.org)

# DEALING WITH A DIFFICULT CHILD?

## You need Triple P- Positive Parenting Program

Small group sessions, offering practical advice for specific problems and behaviors (12 and under):

- Dealing with Disobedience
- Managing Fighting & Aggression
- Developing Good Bedtime Routines
- Hassle-free Shopping



## FREE PARENTING DISCUSSION GROUP!

Choose the session(s) you wish to attend (approximately 2 hours each)  
Led by a trained and accredited facilitator

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David Ostrander  
Juvenile Services Officer  
Clinton County Juvenile Court  
989-640-0161  
ostranderd@clinton-county.org

Erin Cuthbert  
Juvenile Services Officer  
Clinton County Juvenile Court  
989-640-7651  
cuthberte@clinton-county.org



# TEEN TROUBLES?

You need Triple P- Positive Parenting Program

Small group sessions, offering practical advice for specific problems and behaviors:

- Getting Teens to Cooperate  
1/4/2022
- Reducing Family Conflict  
1/11/2022
- Coping with Teenager Emotions  
1/18/2022
- Building a Teen's Survival Skills  
1/25/2022



All class will be done through Zoom.  
6pm-8pm Eastern Standard Time

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