

# Triple P- Positive Parenting Program

In Leeds & Grenville

## What Is Triple P?

Triple P - Positive Parenting Program is an evidence based support and education program geared towards all caregivers of children and teens.

The program aims to enhance the knowledge and skills of all caregivers to increase their ability to deal with social, emotional and behavioural problems.

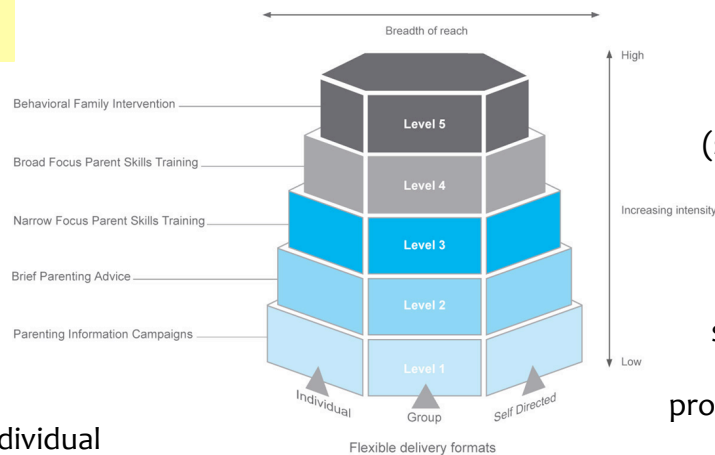


## Recognized Worldwide

Triple P was created in Australia and is backed by more than 30 years of international research. Today, Triple P is not only used throughout Canada, it is also used internationally in countries such as Germany, Switzerland, Hong Kong, Netherlands, United Kingdom and United States.

## Levels of Triple P

Triple P is a multi-level program and services are tailored to meet the individual needs of families. Depending on the level that is deemed to be appropriate, services are provided through individual meetings, group sessions, or through the Triple P seminar series.



## Topics Covered

Triple P has support for families experiencing specific behavior issues (such as toilet training, bed time, peer relationships, etc.). The program also has options for caregivers seeking assistance with a broader range of issues, or those simply seeking positive parenting messages. In addition, Triple P has specific program levels for caregivers of children who are overweight/obese, families currently going through separation or divorce, and caregivers of children with disabilities.

## Free & Accessible

Triple P Services are currently offered throughout Leeds and Grenville to ensure the program is accessible and are provided completely free of charge. Services in rural communities are often provided using office space at partner agencies.

## Community Initiative Made Possible By:



To Receive Information or Services

Call the Health Action Line **1-800-660-5853** Or visit [www.triplepontario.ca](http://www.triplepontario.ca)