



**Triple P offers you:**

- **Support**
- **Advice**
- **Seminars**
- **Groups**
- **Individual help & training**
- **Knowledge/Skills**
- **Parenting materials**



**A Community Approach to Parenting**

Triple P Parenting builds on your strengths and knowledge as a parent.

Developed by Professor Matt Sanders at the University of Queensland, Australia.

*There is no one right way to be a parent, but Triple P offers information, support and practical answers to everyday parenting concerns.*

**CONTACT US:**

**Triple P Coordinator**

**Phone:**

**613-968-1144**

**Toll Free:**

**1- 877-968-1144**

**A  
Community  
Approach to  
Parenting**



**TRIPLE P—**

**Positive  
Parenting  
Program**

**Because every  
parent has  
questions.**

# **TRIPLE P PARENTING**

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## **Research tells us:**



## **Triple P**

## **Parenting Works!**

## **Parents Report...**

- Increased confidence in parenting
- Positive behaviour from their children
- Better understanding of their children
- Happier families

## **TRIPLE P PARENTING IS:**

- **FREE**
- Flexible to meet the unique needs of your family
- Recognizes how difficult parenting can be
- Parent and child focused
- Available to you in a group setting
- Available to you 1:1 with a trained parenting expert
- Confidential



## **Fifteen (15) community agencies partner in the delivery of Triple P Parenting**

Available throughout Hastings and Prince Edward Counties...

- Belleville
- Quinte West/Trenton
- Deseronto/Tyendinaga
- Centre Hastings
- North Hastings
- Prince Edward County/  
Picton

*A Community Approach to Parenting*

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