

GROUP TRIPLE P TAKES THE GUESSWORK OUT OF PARENTING

Positive parenting classes starting soon!



What is Triple P?

The Triple P – Positive Parenting Program® is one of the world’s most effective parenting programs. Triple P has been scientifically trialed with more than 30 years of ongoing research. Group Triple P is intended for parents who have concerns about their child’s behavior or for parents who want to learn more positive parenting skills. It gives parents the skills they need to raise confident, healthy children and to build stronger family relationships. It also helps parents manage misbehavior. For more information about the Triple P program, please visit www.triplep-parenting.net.

Upcoming Classes

Location: The Valley Hospital
Kireker Center for Child Development
140 East Ridgewood Avenue
4 North Conference Room
Paramus, NJ 07652

Cost: \$150 for 1 parent/caregiver
\$250 for 2 parents/caregivers

Facilitator: Megan Coral, MS, LMFT
Valley Medical Group

If you have questions or would like to register for one of the classes below, please send an email to TripleP@valleyhealth.com and indicate which class you would like to participate in. You will be sent a registration packet. Completed registration packets need to be returned by **January 19, 2024. Space is limited.**

Group Standard Triple P

Group Standard Triple P is intended for parents of children ages 3 to 12 years who have behavioral challenges such as inattention, noncompliance and/or difficulty following directions. This course will teach a variety of parenting skills, including how to manage misbehavior.

Group Standard Triple P consists of five group sessions lasting two hours each, and three individual phone sessions lasting 20 minutes each.

Groups will take place 9 – 11 a.m.:

February 3 ■ February 10 ■ February 17 ■
February 24 ■ March 23

Weekly phone sessions:

Weeks of March 4 through March 22, and the week of March 25.

Group Stepping Stones

Group Stepping Stones is intended for parents of children with a disability (developmental delay, intellectual disability, cerebral palsy, Down syndrome, etc.) who developmentally function between 3 and 12 years of age. This course will teach a variety of parenting skills, including how to manage misbehavior.

Group Stepping Stones consists of six group sessions lasting two and a half hours each, and three individual phone sessions lasting 20 minutes each.

Groups will take place 11:30 a.m. – 2:00 p.m.:

February 3 ■ February 10 ■ February 17 ■
February 24 ■ March 2 ■ March 23

Weekly phone sessions:

Weeks of March 4 through March 22, and the week of March 25.

