

# GROUP TRIPLE P

## TAKES THE GUESSWORK OUT OF PARENTING

Positive parenting classes starting this fall



### 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](http://www.triplep-parenting.net).

### Upcoming Classes

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

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

**Presenters:** Megan Coral, M.S., LMFT;  
Lisa Nalven, M.D., M.A.; and Marivic Santiago,  
M.D., 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](mailto:TripleP@valleyhealth.com). By email, you can request a registration packet, which will include additional information about the program, questionnaires to return and payment instructions. Please include your full name and phone number in your email. **Space is limited, and registration closes September 16, 2019. Packets must be returned and reviewed prior to starting.**

### 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 7–9 p.m.:**

Sept. 30 ■ Oct. 7 ■ Oct. 14  
■ Oct. 21 ■ Nov. 18

**Phone sessions:**

Oct. 28 – Nov. 15 and week of Nov. 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 7–9:30 p.m.:**

Sept. 26 ■ Oct. 3 ■ Oct. 10  
■ Oct. 17 ■ Oct. 24 ■ Nov. 21

**Phone sessions:**

Oct. 28 – Nov. 15 and  
week of Nov. 25