

Parenting teenagers is
rewarding ... and challenging!



FREE Teen Triple P Online Discussion Groups

Join other parents for support
and positive parenting tools.

Topics for discussion include...

Rudeness, disrespectful behavior, coping with teenager emotions, reducing family conflict, establishing and maintaining family routines, answering difficult questions, helping teens tolerate uncertainty and practicing consistent self-care and more.

**2024 Topics
& Sessions**

(also see back)



Register Today

Link to access class will be sent after registration

Triple P - Positive Parenting Program® for parents of youth ages 12-17



Register & Learn More
tempecommunitycouncil.org/triple-p

QUESTIONS?

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Learn ways to build your teen's self-confidence, encourage social skills, help your teen to plan and meet commitments, manage and encourage them to take care of others.



Fall 2024 Online Schedule

Getting Teenagers to Cooperate

Aug 13, 5:00pm
Oct 22, 5:00pm Help your teenager develop good, supportive friendships and become engaged in appropriate social and recreational groups. In this session, you'll learn ways to build their confidence, encourage social skills, help your teen to plan and meet commitments and encourage them to take care of others.

Coping with Teenagers Emotions

Aug 20, 5:00pm
Oct 29, 5:00pm
Dec 10, 5:00pm Learning to manage emotions is an important life skill! When teens become emotional, it can be difficult for parents to calm them down. The important thing is for teens to learn how to calm themselves when they get upset about something. In this session, parents discuss some of the reasons teenagers have emotional reactions and the skills that teens need to calm themselves down.

Building Teenagers Survival Skills

Aug 27, 5:00pm
Nov 5, 5:00pm Parents want to ensure that their teen is able to navigate risky situations and can learn to keep themselves safe while gradually developing independence. In this session parents are introduced to positive parenting strategies to help their teen plan for situations which may potentially put their health or wellbeing at risk.

Reducing Family Conflict

Sep 3, 5:00pm
Nov 12, 5:00pm
Dec 17, 5:00pm This session explores common experiences of conflict with teenagers and discuss why sometimes this occurs in families. Several strategies are introduced to help parents teach their teens how to get along with other family members and to resolve problems.

All sessions are generally one-hour long, facilitated by an accredited practitioner, and are relaxed, informative, and discussion-based.