

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...*

Building strong parent-teen relationships, promoting responsibility and independence, fostering competence and positive engagement in the community, addressing smoking, vaping, and substance use, guiding teens to resist peer pressure, managing family conflict, encouraging cooperation, understanding and responding to teenagers' emotions.

Spring 2025 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](https://tempecommunitycouncil.org/triple-p)

**QUESTIONS?**  
Janna McGuire  
[janna@lucawellnesscenter.com](mailto:janna@lucawellnesscenter.com)

# Spring 2025 Online Schedule

**January 21 & April 1**  
**5:00 pm**

**Raising Responsible Teenagers:** Discover effective ways to help your teen develop independence and responsibility over time. This session offers practical strategies to strengthen your relationship and foster mutual respect, even during common conflicts.

**January 28 & April 8**  
**5:00 pm**

**Raising Competent Teenagers:** Explore strategies to help your teen make the most of school and develop key life skills. This session offers practical tips for fostering competence while navigating common parent-teen conflicts.

**February 4 & April 15**  
**5:00 pm**

**Getting Teenagers Connected:** Learn how to support your teen in building confidence and forming positive connections within the community. This session offers practical tips to encourage healthy relationships and meaningful involvement, helping them explore new opportunities and thrive socially.

**February 11 & April 22**  
**5:00 pm**

**Smoking and Vaping:** Explore the rising trends of teen smoking and vaping, the risks of nicotine addiction, and their link to drug use. This session offers insights and strategies to help prevent these habits in your teen.

**February 18 & April 29**  
**5:00 pm**

**Drinking Alcohol:** Parents are often unsure about how to manage their teenagers' use of alcohol. This seminar will help you to understand why teens drink alcohol and provide suggestions to help your teen resist peer pressure to use alcohol.

**February 25 & May 6**  
**5:00 pm**

**Drug Use:** Learn why teens may experiment with drugs and how to help them resist peer pressure. This session offers strategies to prevent drug use and protect their health, relationships, and future opportunities.

**June 3**  
**5:00 pm**

**Reducing Family Conflict:** This discussion looks at common family conflicts with teenagers and why they happen. Parents will learn practical strategies to help their teens get along better with family members and handle problems effectively.

**June 10**  
**5:00 pm**

**Getting Teenagers To Cooperate:** This discussion invites parents to share experiences and explore why teenagers may be uncooperative. Learn positive parenting strategies to create a plan that encourages your teen to cooperate more at home.

**June 17**  
**5:00 pm**

**Coping with Teenagers Emotions:** Managing emotions is a vital life skill for teens! This discussion explores why teens may have emotional reactions and how parents can support them in developing useful tools to calm themselves during challenging moments.

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

FUNDED BY



IN PARTNERSHIP  
WITH

