

Triple P Teen Parenting Program

*Small **Changes**,
Big **Differences**.*



The Centre 360 Youth and Family Service is pleased to offer the Triple P Teen Parenting Program as part of our holistic service offering that ensures maximum flexibility in responding to the specific needs of disadvantaged young people and their families.

The Triple P Teen Parenting Program[®] is a parenting and family support system designed to prevent – as well as treat – behavioural and emotional problems in teenagers. It aims to prevent problems in the family, school and community before they arise and to create family environments that encourage children to realise their potential.

Triple P draws on social learning, cognitive behavioural and developmental theory as well as research into risk factors associated with the development of social and behavioural problems in children. It aims to equip parents with the skills and confidence they need to be self-sufficient and to be able to manage family issues without ongoing support. More than half of Triple P's 17 parenting strategies focus on developing positive relationships, attitudes and conduct.

Group Teen Triple P - Positive Parenting Workshops

Centre 360 Youth and Family Service offers Group Teen Triple P - Positive Parenting Workshops to provide parents with the opportunity to meet other parents in similar situations with similar concerns.

At Group Teen Triple P, parents are provided tips and suggestions to suit the needs of their family.

“ The group facilitators recounting of actual experiences really helped with understanding of key concepts.”

2016 participant parent.

How many parent attend and how long is the course?

Group Teen Triple P is a five session workshop series conducted over 8 weeks. There are up to 12 parents in each group. Each session lasts around two hours. Participants can also expect three support phone calls from Centre 360 Youth and Family Service group facilitators.

How will attending the workshop help my family?

Group Teen Triple P provides parents with the confidence and skills to be self-sufficient in their parenting and to identify when to seek help.

The Workshops at Centre 360 Youth and Family Service will assist you to:

- ⇒ Develop a positive relationship with your teenager
- ⇒ See an increase of desirable behaviours in your teenager
- ⇒ Gain confidence in teaching new skills and behaviours to your teenager
- ⇒ Be better prepared to manage problem behaviour

“ I'm not reacting in a knee-jerk way. I assess the situations and think of strategies to enable us to work out problems.”

2016 participant parent.

Who should attend Group Teen Triple P Positive Parenting Workshops?

Group Teen Triple P has been designed for all parents of adolescents between the ages of 12 and 16.

How much does it cost?

We aim twoworkshops to ALL parents who feel it would assist their family to be the best they can be. As we are a charity, we aim to ensure the program is available to those with most need, as such, we ask those parents who can afford to contribute, to please o continue continue to offer Group Teen Triple P Parenting do so. Our facilitators can provide further information.

For further information or to register your interest in attending Group Teen Triple P with Centre 360 Youth and Family Service, please contact:

Teen Triple P Facilitators:

Ph: 02 9331 2691

Email: enquiries@stfrancis.org.au



Centre 360 Youth and Family Service
is a project of
St Francis Social Services

Centre 360
Youth and Family Service