



Triple P Positive Parenting Program

Small Changes, Big Differences

Triple P Positive Parenting takes the guesswork out of parenting

Triple P Positive Parenting is an evidence-based program developed to help prevent and manage negative behaviors in children, aged 0-12, caused by behavioral, emotional or developmental concerns. Through this program, you will learn simple and practical strategies on how to:

- Confidently manage your child's difficult behavior
- Introduce positive, effective alternatives
- Develop and build strong, healthy relationships



Triple P Programs include:

Seminars—1 hour general overview of basic Triple P principles and practices

Group Discussions—1 hour group on a specific topic; dealing with disobedience, developing good bedtime routines and hassle-free shopping with children

Group Triple P—Available to Nord Center clients, Group Triple P is an 8 week session that dives deep into Triple P parenting strategies and an individual component to allow parents build confidence and competence with all strategies presented.



The Nord Center
Comprehensive Behavioral Healthcare

How To Get Started

Group Triple P is available only to clients of The Nord Center. To begin the process, please contact **The Nord Center's Intake Department at 440-204-4161**, Monday—Friday, from 8:30 am—5 pm to schedule an assessment.

If your child is currently a Nord Center client, please speak with their Nord provider about the Triple P Parenting Program.

During involvement with the **Group Triple P Parenting Program** through The Nord Center, your child will also be able to receive therapeutic services through our Child and Adolescent Services.



“Like” The Nord Center on Facebook for dates and times of upcoming **Seminars** and **Group Discussions**, which will be open to all members of the community.



® Thanks to decades of rigorous and ongoing scientific research, the Triple P Positive Parenting Program is now regarded as one of the world's most effective parenting programs.

Triple P has won numerous international awards, and founder Dr. Matt Sanders has been a consultant to the World Health Organization, the Council of Europe and to governments around the world.

For more information on the Triple P Positive parenting program, visit: <http://www.triplep-parenting.com/us-en/triple-p/>



The Nord Center
Comprehensive Behavioral Healthcare



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