



Join our Positive Parenting Program (Triple P)

Need assistance managing your child's challenging behaviors?

What is Triple P? (Positive Parenting Program)

Triple P suggests *simple* routines and small changes that can make a *big* difference to your family. The program consist of a total of 8 classes, 2 hours each class. It helps you understand the way your family works and uses the things you already say, think, feel and do in new ways that:

- Create a supportive environment
- Encourage behavior you like
- Deal positively, consistently and decisively with problem behavior
- Build positive relationships with your children, so that conflict can be resolved
- Plan ahead to avoid or manage potentially difficult situations
- Take care of yourself as a parent

Classes Start:
Tuesday, May 24, 2022
6:00pm-8:00pm

Murrieta Parent Center
24300 Las Brisas Road, Room 3
Murrieta, CA 92562

Childcare is available for school age children & toddlers who are potty-trained.

You must RSVP with the Parent Center at (951) 304-1623 Extension 2187

Classes are free and space is limited!

For more information or to register please contact:

Parent Support & Training Program @ PSTP@ruhealth.org or (951) 358-5862



www.rcdmh.org/psp

If you are in need of a reasonable accommodation, please contact Parent Support & Training Program at (951) 358-5862.