

WHAT IS TRIPLE P?

The **Positive Parenting Program** (Triple P) is a **FREE** parenting program supporting parents and caregivers of children ages 0-18.

Sessions are offered in **English and Spanish** throughout Montgomery County.

Triple P helps make parenting **simpler** by empowering parents and caregivers with **useful strategies and simple tips** that assist them in managing common behavior problems and building strong, healthy relationships.



SMALL CHANGES

CAN MAKE BIG IMPROVEMENTS

No other parenting program in the world has an evidence base as extensive as that of Triple P!

"I feel like I'm equipped with the knowledge and tips and tricks to manage tantrums and day-to-day challenges."
—Triple P Parent

HOW DOES IT WORK?

STANDARD TRIPLE P

We support parents by facilitating sessions looking through workbooks and watching high quality videos, discussing influences on children's behaviors and what we can do to address them.

10 Individualized Sessions facilitated in a one-to-one setting

GROUP TRIPLE P

Collaborating with community partners, we offer groups supporting parents through the same materials in a group layout.

8 Total Sessions
comprised of **5 group and 3 individual sessions**



**"WHEN
YOU
KNOW
BETTER,
YOU DO
BETTER."**

—TRIPLE P PARENT

CONTACT

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Program Coordinator



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Serving
Montgomery County
in person and virtually!
English and Spanish
sessions available!



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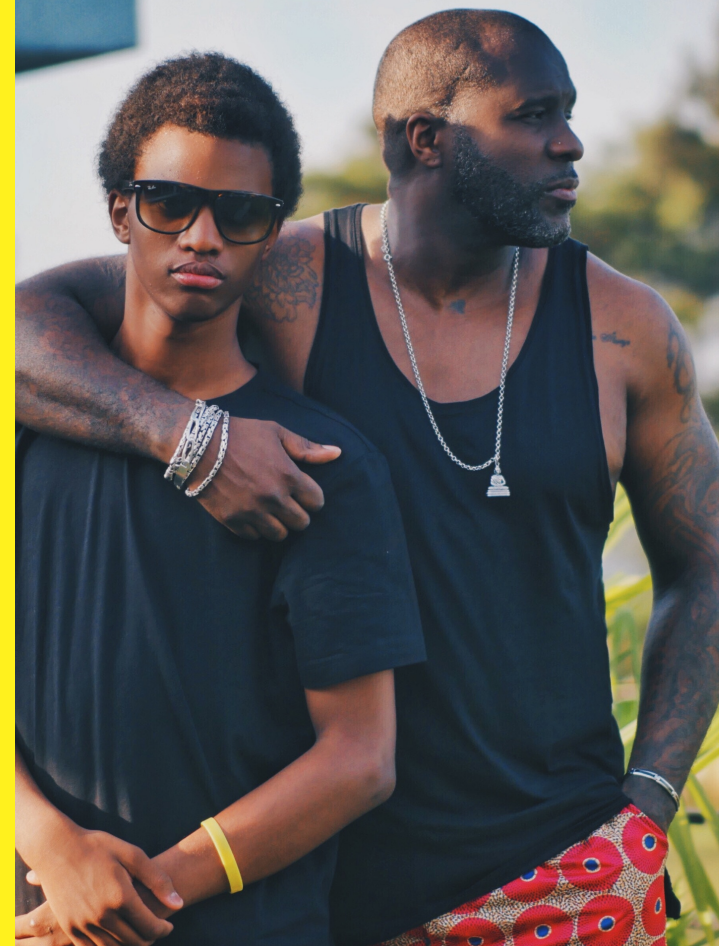
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**JOIN US TO EXPAND
OUR KNOWLEDGE
ABOUT RAISING
HEALTHY CHILDREN IN
MONTGOMERY COUNTY!**

Triple P is a program of

