

# Parents by Choice

## The Positive Parenting Program

**May 2024 | Free Classes**

**6-Session Online Classes via ZOOM!**

### **0-12 Triple P**

For parents or caregivers of  
children 0 – 12 years old

**Zoom Class: Tuesday and Thursday**

Dates: 05/07, 05/09, 05/14, 05/16, 05/21, 05/23

Time: 9:30 AM – 11:10 AM

**Zoom Class: Tuesday and Thursday**

Dates: 05/14, 05/16, 05/21, 05/23, 05/28, 05/30

Time: 5:00 PM – 6:40 PM

### **Pathways**

Parents who are experiencing stress and can benefit  
from stress and anger management techniques to  
improve their ability to cope with raising children.

**Zoom Class: Monday and Tuesday**

Dates: 05/13, 05/14, 05/20, 05/21, 05/28, 05/29

Memorial Day Monday will be rescheduled for Wed. 29th  
Time: 6:00 PM – 8:00 PM

### **Family Transitions/Co-Parenting**

For parents who are experiencing  
distress from separation or divorce.

**Zoom Class: Wednesday**

Dates: 05/01, 05/08, 05/15, 05/22, 05/29, 06/05

Time: 9:30 AM – 11:30 AM

**Zoom Class: Monday and Wednesday**

Dates: 05/06, 05/08, 05/13, 05/15, 05/20, 05/22

Time: 5:00 PM – 7:00 PM

### **Teen Triple P**

For parents or caregivers of  
pre-teens and teenagers.

**Zoom Class: Tuesday and Thursday**

Dates: 05/07, 05/09, 05/14, 05/16, 05/21, 05/23

Time: 5:00 PM – 6:40 PM

Scan the QR Code with your smartphone camera  
to complete your registration ...



To register contact the Triple-P Program, visit our website or scan the QR code.

[www.parentsbychoice.net/positiveparenting](http://www.parentsbychoice.net/positiveparenting)

[triplep@parentsbychoice.net](mailto:triplep@parentsbychoice.net)

**(209) 949-0658**



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