

## Specialized Program

### Fear-Less

For parents with children ages 4 to 14 who have anxiety.

Fear-Less Triple P supports parents and helps them learn new cognitive behavioural strategies for anxiety management, and encourages them to apply these themselves for all their children.

### Stepping Stones

For parents of children ages 2 to 12 who have a disability.

Stepping Stones has been shown to work with children with intellectual and physical disabilities who have disruptive behaviour.

### Disaster Recovery

Helping Your Family Bounce Back

A 90-minute seminar that helps parents learn to best manage their child's or teenagers' post-disaster and/or signs of distress.

### Pathways

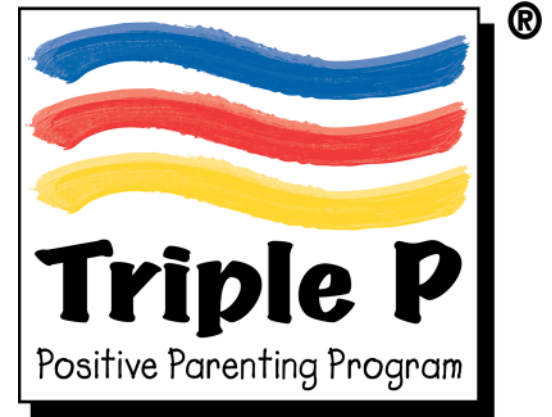
Pathways Triple P has been developed as an intensive intervention program for parents who have difficulty regulating their emotions and as a result are considered at risk of physically or emotionally harming their children. Pathways Triple P requires parents to have received Level 4 Triple P sessions teaching them positive parenting and child management skills.



## Triple P Positive Parenting Program

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**Triple P  
Positive  
Parenting  
Program**



**306-783-3080  
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## Programs for parents with children ages 0 to 10

**Seminars:** Triple P Seminars are for large groups of parents – perhaps 20 or more. They're informal 90-minute presentations, a little like a public forum.

**Primary Care:** A brief targeted intervention in a one-to-one format that assists parents to develop plans to manage behavioural issues and skill development issues.

**Discussion Group:** These include parent discussion groups about commonly-encountered problems such as disobedience, fighting and aggression, and managing situations such as shopping with children, bedtime problems and troubles during mealtime.

**Group:** Group Triple P is a broad-based parenting intervention delivered over seven weeks for parents of children up to 10 years old and who are interested in learning a variety of parenting skills. Parents may be interested in promoting their child's development and potential or they may have concerns about their child's behavioural problems.

## Programs for parents with children ages 10 to 16

**Primary Care:** A brief targeted intervention in a one-to-one format that assists parents develop parenting plans to manage behavioural and skill development issues associated with teenage children.

**Discussion Group:** Teen Triple P Discussion Groups include parents discussing commonly-encountered problems such as getting teens to co-operate, coping with teen emotions, reducing family conflict, and building teenagers' survival skills.

**Group:** Group Triple P is a broad-based parenting intervention for parents of children up to 16 years old who are interested in learning various parenting skills. Parents may be interested in promoting their teenager's development and potential or they may have concerns about behaviours they want to change.



**Self-directed Triple P** is offered to parents of children age 0 to 16.

It is a 10-week self-help program based on a workbook. Parents who need additional support may receive weekly telephone consultation.

**Triple P Online** is your personal parenting program available any day, any time.

It is available to parent with children ages 0 to 16.

Visit [triplep-parenting.ca](http://triplep-parenting.ca) to get started.

**All SIGN Triple P programs  
(online and those presented  
virtually or in person)  
are free to residents  
of Saskatchewan.**



If you would like more details about any of our programs, including length and how they are presented, please contact us.