

Triple P: Positive Parenting Program

Parenting is one of the hardest jobs faced in life. Raising healthy and well-adjusted children who have the skills for life is a stressful process for most parents, and at times can push even the most confident of parents to the 'brink'.

Triple P is a system of easy-to-implement, well-tested solutions that helps to solve current parenting problems and prevent future problems before they arise. It has been designed to prevent behavioural, emotional and developmental problems in children aged 0-12 by enhancing the knowledge, skills and confidence of parents. Triple P suggests simple routines and small changes that can make a big difference to your family. 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 stable, supportive and harmonious family
- Encourage behaviour you like
- Deal positively, consistently and decisively with problem behaviour
- Plan ahead to manage potentially difficult situations
- Take care of yourself as a parent
- Build positive relationships with your children, so conflict can be resolved

Brisbane Family Psychology is running a Triple P group at our clinic, located at 1B / 172 Evans Road, Salisbury, on Tuesdays from 6:00pm to 8:00pm from **Tuesday February 28th to Tuesday April 17th, 2012.**

The program consists of an initial four weeks of group sessions, three weeks of individual support phone calls between you and your facilitator, and a final group session. A maximum of 12 participants are in each group.

The cost to participate is **\$300.00 (including GST) per person** for the whole program, including a workbook, all resources and facilitator support. Discounts may be available through your private health provider - please contact them to check.

To register for our Triple P: Positive Parenting Program group, please complete your details on this form and fax it back to us on 3306 1080, or email it to info@brisbanefamilypsychology.com.au. For more information, please contact Brisbane Family Psychology on 3306 1083.

REGISTRATION – TRIPLE P: POSITIVE PARENTING PROGRAM GROUP

PARENT NAME: _____

CONTACT NUMBERS: _____

EMAIL ADDRESS: _____

TAX INVOICE

CARD NUMBER:

NAME ON CARD: _____ VISA MASTERCARD

DEBIT AMOUNT: _____ CVC: _____ EXPIRY: _____