

Triple P Positive Parenting Program

Space
is
limited



Triple P can help with challenging behaviors:

- Tantrums
- Arguing
- Fighting
- Interrupting
- Lying
- Impulsivity

Please contact CLU Community Counseling
Services for more information

(805) 493-3390

Facilitators: Sarah Rosas, MFT Intern
& Emily Wilson, MFT Trainee

Supervisor: Antonia Noble Ludwig, PsyD,
MFT License # MFC 30688

Who is this for?

Parents of children ages 2 to 12

Learn strategies to:

- Encourage behavior you like
- Deal with problem behavior
- Strengthen parenting skills
- Build stronger relationships
- Reduce parenting stress
- Practice self-care

What to expect?

This 8 week program includes
5 (1 1/2 hour) group sessions and
3 (30 minute) individual sessions.