



centre for
mental health
research and treatment

**TRIPLE P POSITIVE PARENTING GROUP FALL 2018
AT THE UNIVERSITY OF WATERLOO
CENTRE FOR MENTAL HEALTH RESEARCH AND TREATMENT (CMHRT)**

GROUP FOCUS: Triple P Positive Parenting Group Program (Level 4)

TIME and DURATION: Thursdays @6-8 pm; 4 in class groups + 3 weekly individual phone calls + 1 final group session

DATES: September 27 to November 8, 2018

PLACE: University of Waterloo CMHRT, PAS 1401

GROUP LEADERS: Dr. Marjory Phillips with experienced therapists-in-training from our roster of senior doctoral students and predoctoral residents in Clinical Psychology

SUPERVISOR: Marjory Phillips, Ph.D., C.Psych.

MAXIMUM NUMBER OF CLIENTS: 12

WHAT IS IT? Triple P is an effective, evidence-based behavioral parenting intervention developed in Australia and now implemented in more than 24 countries. The program gives parents simple and practical skills and strategies that they can use to raise confident, healthy children and to build stronger family relationships. It also helps parents manage misbehaviour and prevent problems occurring in the first place. The program includes the use of video clips, demonstrations and practice, along with individual consultation with the group leaders to tailor the skills for each parent. There is also a final group session to review and to evaluate progress.

WHO IS IT FOR? Parents of children with significant or multiple behavioural difficulties that are often displayed in more than one setting – for example at home, school, sport clubs or with friends. It is also for motivated parents interested in gaining a more in-depth understanding of positive parenting. It is available for parents of children from ages 3 to 11 years.

TREATMENT COST: The group program fees are based on a sliding scale ranging from \$200 to \$560 for the 8 week program. There is an additional cost of \$30 for the parent workbook.

HOW TO REFER: Interested clients should contact the UW CMHRT at 519-888-4567 x33842 or cmhrintake@uwaterloo.ca and should say that they are interested in Triple P. Spaces are limited.

OTHER IMPORTANT INFORMATION: We are currently accepting referrals for our Fall Triple P Child Group. Parents who are interested in the program will complete a short phone screen to ensure that this service is a good fit.

We will be offering Triple P Positive Parenting Group for parents of teenagers in winter/spring 2019. Please contact us at 519-888-4567 x33842 or cmhrintake@uwaterloo.ca to put your name on the wait list for that service.