



What is Triple P?

Triple P is a free parenting program that is available in Northumberland County. Through five potential levels of intervention, parents will learn parenting skills and techniques to better manage family problems, as well as gain confidence in their parenting techniques. Triple P aims to make raising children and teenagers easier.

What will I gain from this program?

- Happy, confident children
- Tools to better manage misbehaviour
- Techniques for setting rules and routines
- Ways to care for yourself as a parent
- A sense of confidence that you are doing the right thing for your children

How does Triple P work?

Triple P can be modified to fit any family's needs. Through seminars, small group workshops, or one to one interviews, Triple P uses evidence based methods to teach and assist with parenting techniques and approaches. There are 5 levels of Triple P, from which you can choose the best fit for your family, or we can recommend a level for you!

Who will benefit from this program?

Triple P is for every parent. As a free program available to parents in Northumberland County, we are creating better access to programs for parents and families with questions or concerns, or who are simply looking to enhance their parenting skills and family dynamic through a proven evidence-based program.

Where can I access Triple P?

Contact Triple P Northumberland: Call or Text: 289-251-5374

Email: triplepnorthumberland@rcys.ca

Triple P is the most extensively researched parenting program in the world. Clinical trials over decades have shown that Triple P works for most families in many different cultures and family situations.