



**Parenting is hard!  
Let us help!**

# Parents, Stay Positive!

## Teen Triple P

FREE five-week positive parenting workshop for parents, grandparents and caregivers of pre-teens and teens, ages 11 to 16. Get tips to help take the guesswork out of parenting teenagers!

Live on Zoom | Wednesdays | 6 to 8 p.m.

February 26, March 5, March 12, March 19 and March 26

### Discussion will include:

- The power of positive parenting techniques
- Factors influencing teenagers' behavior
- Developing positive relationships with teenagers
- Increasing desirable behavior
- Acknowledging teenagers' emotions

Each participant will also have the option of three phone sessions with the group leader to make the information really work for their families.

Open to families in Crawford, Franklin, Licking, Madison and Richland Counties.

To sign up, call (614) 355- 8099 or  
email [TripleP@NationwideChildrens.org](mailto:TripleP@NationwideChildrens.org)



**Department of  
Job & Family  
Services**

Ohio Children's Trust Fund