

“This course is excellent. It was simple and practical. It identifies the common traps that cause behaviour problems such as poor instructions, escalating demands and ineffective punishment. Then it teaches practical strategies on how to avoid those, and at the same time promote behaviour and relationships. I can't recommend it highly enough”

Parent, Wellington



Triple P Positive Parenting Program for every parent

Mō te katoa o ngā mātua



Onslow Anglicans
local • lively • loving



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Triple P is an international parenting program that has been researched and scientifically supported for over 30 years.

Triple P helps take the stress out of parenting and provides practical answers to everyday parenting concerns. This Positive Parenting Program (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
- Build positive relationships with your children, so that conflict can be resolved
- Plan ahead to avoid or manage potentially difficult situations
- Take care of yourself as a parent

Onslow Anglicans are delighted to offer you the chance to participate in this internationally acclaimed program.

Groups are run by an accredited Triple P practitioner. There are five x 2 ½ hour group sessions (once per week), followed by three 15 – 30min telephone calls (once per week), addressing your individual progress, and then a final group session.



Places are limited & bookings essential. Please book now for courses in Feb/Mar '09, & July/Aug '09. Crèche facilities are offered during the Sunday sessions for a small charge of \$5 per session.

Venue:

St Barnabas Church Hall (behind church),
35 Box Hill, Khandallah

Dates:

Sundays 15th, 22nd Feb,
1st, 8th Mar, & 5th April;
Wednesdays 18th, 25th Feb,
4th, 11th Mar, & 8th April;
Sundays 26th July, 2nd, 9th,
16th Aug & 13th Sept;
Wednesdays 29th July, 5th,
12th, 19th Aug, & 16th Sept

Times:

Sun 2 – 4.30pm [afternoon tea incl.]
Wed 7.30 – 10pm [supper incl.]

Cost:

\$80 per family
(Sponsorship may be available if req'd)

To book or for further enquiries:

**Call Parish Office
(9am – 12 noon) 970 1121
or email on**

TripleP@onslowanglicans.org.nz

For more info see: www.triplep.net
or www.onslowanglicans.org.nz