



# Triple P Discussion Groups

For Parents of children ages 12+



## Virtual Parenting Discussion Groups



**When:** Tuesdays from 5:30-7:00 pm

Nov. 30th, Dec. 7th, Dec. 14th, Dec. 21st

**Cost:** Free while funds last

**Register:** <https://forms.gle/tsWJHAdon2n9rBf3A>

**Registration Deadline:** Mon. Nov. 22nd

**Contact:** Tracy Henegar 715-395-1363

Tracy.henegar@wisc.edu

**Materials:** Pick-up at your local County Extension Office



Scan with your smart phone camera to register

Positive Parenting Program Discussion Groups provide parents of youth ages 12+ with a toolbox of strategies to deal with the most common parenting issues we all face.

### Join us for:

- ◆ Coping With Teenagers' Emotions - Nov. 30th
- ◆ Getting Teenagers To Cooperate - Dec. 7th
- ◆ Reducing Family Conflict - Dec. 14th
- ◆ Building Teenagers' Survival Skills - Dec. 21st

Attend one, two, three or all four of the seminars at no cost to you.

See the back of this flyer for full descriptions of the classes.

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# Teen Positive Parenting Virtual Discussion Groups

Build a better relationship with your teenager and reduce conflict with some practical positive parenting tools. Each discussion group can be taken as a stand-alone or as part of an integrated series. Attend 1, 2 3 or all 4 of the seminars at no cost to you, and receive a free parenting plan booklet for each session.

## Nov. 30th—Coping With Teenagers' Emotions

Encourages parents to explore their experiences of living with an emotional teenager and discuss some of the reasons which can trigger emotional reactions. It covers the skills that teenagers need to be able to calm themselves when things happen that they don't like. It then introduces positive parenting strategies to help teenagers learn to better manage their emotions.



## Dec. 7th—Getting Teenagers To Cooperate

Provides examples of common forms of non-cooperation and some reasons why teenagers become uncooperative. Several positive parenting strategies are then introduced to help parents develop a personal plan to promote cooperation and to manage non-cooperation when necessary.



## Dec. 14th—Reducing Family Conflict

Examines the issues of fighting between siblings, but also looks at conflict among family members more broadly. Parents are encouraged to share their experiences of family conflict situations and discuss why these sometimes occur. It introduces positive parenting strategies that parents can use to help prevent problems by teaching children to get on with each other and resolve problems, deal with sibling conflict and also to manage those times when conflict affects the whole family.



## Dec. 21st—Building Teenagers' Survival Skills

Explores why teenagers can get into trouble and what they need to learn to recognize risky situations and avoid them or manage them if they can't be avoided. Parents are provided with a series of steps to work through with their teenagers using positive parenting strategies to plan for a situation which may potentially put the teenager's health or wellbeing at risk.

