PARENTING SUPPORT GROUP

BECAUSE PARENTING DOESN’T COME WITH A MANUAL.

PARENTING SUPPORT GROUP
WE’RE HERE TO HELP YOU IN PARENTING INFANTS AND CHILDREN

DOES THIS SOUND FAMILIAR?
You enjoy parenting but you wish you knew how to deal with specific problem behavior. Maybe your child won’t go to bed without a fight. Perhaps they have a meltdown or tantrum almost every time you shop. They may be constantly disobedient, or they bite, fight or hit.

If your child fits any of these descriptions, our Parenting Support Group can help.

WHAT ARE TRIPLE P DISCUSSION GROUPS?
Parenting Support Groups are 2-hour, small group sessions that offer practical advice for tackling a specific problem behavior. Each session is lead by a trained Triple P provider and brings together parents who are experiencing the same parenting problem, and covers one of the four topics listed below.
• Dealing with disobedience
• Developing good bedtime routines
• Managing fighting and aggression
• Hassle-free shopping with children

You’ll receive tips, watch a video, converse with other parents and receive a packet of information to review at home. You’ll be surprised at how a few small changes can make big differences!

WHO IS THIS FOR?
Parents of children from 0-12

OUR SUPPORT GROUP CAN HELP YOU:
• Encourage behavior you like
• Deal with problem behavior
• Become confident as a parent
• Be realistic about parenting
• Take care of yourself

FOR MORE INFORMATION, CONTACT MCHS PREVENTION SPECIALIST SHANELLE THOMAS AT 313-670-0313 OR STHOMAS@MCHSMI.ORG