



# Triple P

## Positive Parenting Program Options with Catholic Charities

### Option #1: Triple P Discussion Groups

Parenting topics of relevance to those with children aged 0-12 are covered, using short video clips as a springboard for discussion. Practical and doable strategies are suggested which address common behavior concerns, encourage cooperation and respectful communications, and build strong relationships.

Choose any one of the following topics: Dealing with Disobedience  
Managing Fighting & Aggression  
Developing Good Bedtime Routines  
Hassle-Free Shopping with Children

The one 2-hr. session is FREE and offered virtually via Zoom while COVID-19 precautions are in place. Morning, afternoon, or evening sessions are possible. A gift card incentive is available for participants who complete all program requirements. **Contact Barbara at 419.512.9104 or [bxkudravi@ccdoble.org](mailto:bxkudravi@ccdoble.org) for more information or to register for a small group or individual session.**

### Option #2: Primary Care Triple P

This is a very brief and private way for parents to get Triple P support for addressing a very specific behavior concern in a child aged 0-12. There are usually about four sessions. These are FREE virtual sessions or phone sessions while COVID-19 precautions are in place. Nicole Mann, an early childhood mental health consultant and licensed therapist with Catholic Charities, provides this service. **Professional referrals required. Contact Barbara at 419.512.9104 or [bxkudravi@ccdoble.org](mailto:bxkudravi@ccdoble.org) for more information about this option.**

### Option #3: Triple P Online

This is a FREE broad-based parenting intervention delivered online for parents of children up to 12 years. The program involves eight (1-hour) online modules that parents complete independently in their own time--from a computer, tablet or smartphone. Triple P Online introduces users to Triple P's simple strategies to encourage positive behavior and to prevent and manage misbehavior. Parents who are comfortable using technology and prefer the flexibility of online learning may be well-suited to this option. Participants must commit to completing all eight modules and receiving a minimum of one hour of support by a qualified professional with Catholic Charities. **Professional referrals required. Contact Barbara at 419.512.9104 or [bxkudravi@ccdoble.org](mailto:bxkudravi@ccdoble.org) for more information about this option.**



Ohio Children's Trust Fund  
*Ohio's Prevent Child Abuse America Chapter*



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