



# POSITIVE PARENTING PROGRAM GROUP



**POSITIVE PARENTING FOR PARENTS OF 0-12**

**POSITIVE PARENTING FOR PARENTS OF TEENS**

**VIRTUAL & IN PERSON GROUPS AVAILABLE**

**We offer several different types of parenting groups. See our schedule on the back**

**COST: FREE!!**

*Provided through grant funds. Limited Time. INCLUDES A FREE BOOK for 8 week Group, UPON REQUEST*

**PRE-REGISTER ON THE WEBSITE:**

[www.lucawellnesscenter.com](http://www.lucawellnesscenter.com)  
Or Scan the QR Code



**WHY SHOULD I JOIN?**

**TRIPLE P IS PROVEN TO:**

- Increase Parenting Knowledge and Skills
- Reduce Physical Aggression and Outbursts
- Build Positive Communication
- Promote Pro-Social Development
- Manage Misbehavior Through Positive Reinforcement

**You Are Not Alone In Your Parenting Struggles!**



## 8 Week Parenting Groups

This group is a specially designed group for parents to gain tools to help with building confidence as a parent.

Topics include:

- Providing a safe and secure environment
- Creating positive learning environment, using assertive discipline,
- Learning to have realistic expectations,
- Taking care of yourself as a parent”.

## Seminars

Group seminars with parents of children up to approximately 12 years of age. Consists of three 90-minute seminars on specific topics. **Parents select which of the following seminar(s) they'd like to attend:**

- The Power of Positive Parenting
- Raising Confident and Competent Children
- Raising Resilient Children

## Discussion Groups

Are designed as a one time group to work on a specific issue that often comes up in our parenting struggles.

**Topics Include:**

- Dealing with Disobedience
- Managing Fighting & Aggression
- Developing Good Bed Time Routines
- Hassle Free Shopping
- Hassle Free Meal Times

## Coming Up Schedule of Groups

February 6, 2024 5PM-6PM

**Seminar-**

**Raising Responsible Teenagers**

February 13, 2024 5PM-6PM

**Seminar-**

**Raising Competent Teenagers**

February 20, 2024 5PM-6PM

**Seminar-**

**Getting Teenagers connected**

**ACCELERATED In Person Goup (1 Full Saturday)**

**Parents of Teens, ages 12-18 In Person**

**February 10, 2024 10:00am–5:00pm**

**Bring your own lunch!**

**Snack and Drinks Provided**

1347 N Alma School Rd, Suite 200,  
Chandler AZ 85224