



**An Invitation for Parents from the Muskoka Triple P Network  
Ideas for Parents of Children Aged 2 - 12**

**WHAT ARE TRIPLE P DISCUSSION GROUPS?**

A discussion group is a short, small group session. Each session brings together parents who are experiencing the same parenting issue.

**WHAT HAPPENS AT A DISCUSSION GROUP?**

In a relaxed group session, your provider will give you tips and suggestions for dealing with your child's behaviour. You'll see short video clips showing other parents successfully dealing with the same issue and you can share your thoughts with the other parents in the group, if you wish. You will also be given a take-home workbook with simple exercises and information to help you try your new strategies at home.



**Hassle-Free Shopping**

*Positive parenting strategies are discussed as step-by-step suggestions for preventing problems and teaching children how to behave on shopping trips and in other public forums.*

Tuesday May 14<sup>th</sup>, Huntsville Public Library, 5:45 - 8:00 pm



**Dealing with Disobedience**

*Discuss common forms of disobedience and develop a personal plan to prevent it, teach your child limits & manage it when it happens.*

Thursday May 23<sup>rd</sup>, Bracebridge Public Library, 5:45 - 7:45 pm



**Register online at [www.muskokafamilyfocus.com](http://www.muskokafamilyfocus.com)  
or by calling 705-645-3027, ext 200**

