



Triple P Teen Positive Parenting Program at the CMHRT

What is Teen Triple P?

- Group program based on research evidence and used in 35 countries worldwide
- Opportunity to meet other parents in similar situations
- Provides tips and strategies to suit the individual needs of your family
- Includes a handy workbook with parenting tools and information
- Includes video and demonstrations to put ideas into practice

Where and when does it start?

- **Thursday evenings from 6 to 7:30 pm from Sep 18 to Nov 13, 2025**
- Classes are held in person at the CMHRT in the psychology building at U Waterloo
- 6 in class 90 min group sessions: Sep 18, Sep 25, Oct 2, Oct 9, Oct 23, Nov 13, 2025
- 2 individual 30 min virtual sessions scheduled during the weeks of Oct 30 and Nov 6, 2025

Who is it for?

- Parents of youth ages 11 to 16 years
- Parents seeking strategies to manage challenging tween and teen behaviors
- Parents wanting to learn new ideas, to reduce parenting stress, or to feel more confident in their parenting

What does it cost?

- The group program fees are \$200 per family for the 8-week program
- There is an additional cost of \$30 for the parent workbook
- Subsidies are possible. Since the group is facilitated by a registered psychologist, these psychological services may be eligible for reimbursement from insurance benefits.

How do I sign up?

- Interested parents are invited to complete the [PPP Intake Information Form](#).
- We will arrange a short telephone call to discuss your parenting goals and to determine whether this program can best meet your needs.
- For more information, please see <https://uwaterloo.ca/mental-health-research-treatment/>