



## C.O.P.E. Family Support Center presents:

The Triple P – Positive Parenting Program knows that all parents have different needs. That’s why Triple P offers a number of specialized programs tailored to suit parents with specific needs or circumstances. Stepping Stones Triple P is one of them.

### Who is this for?

- Parents of children with a disability (ages 2– 12)

### Stepping Stones Objectives

- Increase parent’s competence in managing common behavior problems and developmental issues found among children with disabilities
- Encourage behavior you like
- Reduce stress associated with parenting



## STEPPING STONES CLASSES

### What is Stepping Stones Triple P?

Stepping Stones Triple P has been developed for parents of children with a *developmental disability*. Because it’s based on Triple P’s proven parenting strategies, it gives you ways to deal with the kinds of childhood behavior problems and issues that can make family life stressful. Stepping Stones Triple P has been evaluated with real families and has been shown to work with children with intellectual and physical disabilities who have disruptive behavior.

**Group Stepping Stones** is a great way if you are having significant problems with your child’s behavior or if you would simply like to learn parenting skills to help promote your child’s development and potential. You’ll meet with a small group of parents who also have a child with a disability. There’ll be eight sessions of about 2 hours each in a group format. You will then receive two, one-on-one sessions providing you with support and coaching to help you manage the new goals you’ve set for your family.

**CLASSES BEGIN ON APRIL 19, 2012**

**Register now to reserve your spot!**

**Location:** We Care Services for Children  
2191 Kirker Pass Rd.  
Concord, CA 94521

**Dates:** Thursdays- April 19 - June 21

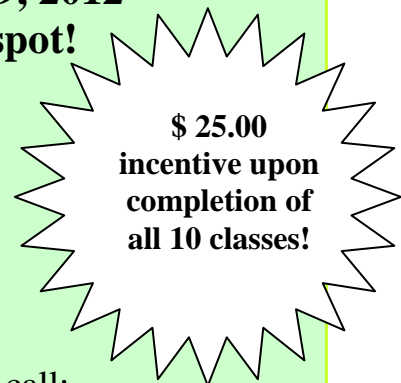
**Time:** 6:30 – 8:30 pm

For more information or to register, call:

**Vi Ibarra**

**(925) 671-0777 ext. 14**

**vibarra@WeCareChildren.org**



*Parenting classes and seminars are provided by a grant from Mental Health Services and First 5 Contra Costa County in partnership with the C.O.P.E. Family Support Center*