



Parenting is hard! You don't have to do it alone. Join other parents to learn preventative and responsive strategies to connect with your child and manage behaviors during a Triple P Discussion Group facilitated by Dr. Jenna Montgomery Armstrong.

Groups will meet virtually and are ideal for parents of children ages 3-11. Choose one group or multiple to attend depending on the topic you think may be helpful for you.

Date & Time	Topic
Monday May 2nd 11:30am-1:30pm	Dealing with Disobedience
Monday June 6th 11:30-1:30pm	Managing Fighting and Aggression
Monday June 27th 11:30-1:30pm	Developing Good Bedtime Routines
Monday July 25th 11:30-1:30pm	Hassle-Free Mealtimes

To register or learn more, call Silber Psychological Services at 919-876-5658.

Fee: \$150 per family (Includes a parent workbook)



Silber Psychological Services, P.A.
Growing in Health and Happiness

What is Triple P? Some of the most common parenting problems have very simple solutions – and now, the Triple P – Positive Parenting Program is here to share those solutions. Triple P is a world-acclaimed program that gives parents skills to manage misbehavior and prevent problems from happening in the first place. From toddler tantrums to a teenager's defiance, from bedtime dramas to outright disobedience, Triple P helps parents sort through the big and small issues of family life – and raise happier, confident and healthy children.