



Parenting can be a stressful time at the best of times.

Kids misbehave and it can be hard to know how to manage. You might feel as though other parents don't have these challenges. Or you might simply want to learn more parenting strategies.

Positive Parenting can help.



Contact the CMHRT to find out more about the **Triple P Group** (Positive Parenting Program) offered **VIRTUALLY** from the University of Waterloo from **Tuesday Jan 24, 2023 to March 21, 2023 from 6 to 7:30 pm** via MS Teams.

Please contact cmhrtintake@uwaterloo.ca if you would like to participate in the program and to discuss whether it is suitable for your family. Space is limited. For more information, please see <https://uwaterloo.ca/cmhrt/>

