

# Primary Care

## Triple P: Positive Parenting Program

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### TRIPLE P CAN HELP YOU...

- Encourage behavior you like
- Deal with problem behavior
- Become confident as a parent
- Be realistic about parenting
- Take care of yourself



### IS THIS FOR YOU?

If your child has a particular behavior problem that is making family life more difficult than it should be, then Primary Care Triple P can help. For parents and kinship caregivers of children ages 0-12, this program provides guidance that is tailored to deal with specific problems.



### WHAT IS PRIMARY CARE?

This is a very brief and private way for parents to get Triple P support. There are usually about four sessions. These sessions can be home-based, in our office, or virtual via Zoom.



### WHO PROVIDES THIS SERVICE?

Nicole Mann, Early Childhood Mental Health Consultant, Licensed Therapist, and Triple P Provider with Catholic Charities.

### Questions?

Contact Barbara at (419) 512-9104 for more information about Triple P programs offered through Catholic Charities.

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