



# C.O.P.E.

Counseling Options and Parent Education

We Listen. We Care. We Act.

Family  
Support  
Center

## Triple P Parenting Class

For Parents of Children Ages 0-5

### CLASS INFORMATION

#### WHEN:

Tuesdays (7 sessions)

July 19th – August 30<sup>th</sup>, 2022

6:00 – 8:00pm

#### WHERE:

Zoom videoconferencing platform

*Note :* Participants must join with both audio and video to receive credit

Children of all ages need a safe, secure, and loving environment to do well. Positive Parenting is an effective and practical approach to raising children that emphasizes the positive.

#### Parents will learn to:

- Create a safe environment to promote healthy development and prevent accidents and injuries.
- Create a positive learning environment to encourage children to experiment, learn, and grow.
- Use Assertive Discipline and plan to manage potentially difficult situations.
- Have realistic expectations and utilize parenting strategies that work for *your* family
- Take care of yourself as a parent

**Fee: \$50 One-time payment**

For questions or to register, contact  
C.O.P.E. Family Support Center  
(925) 689 658 8511

[www.copefamilysupport.org](http://www.copefamilysupport.org)

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