

# C.O.P.E.

Counseling Options and Parent Education

We Listen. We Act. We Care.

Family  
Support  
Center

## Group Teen Triple P Parenting Class

If you are a parent with a teenager with social & emotional problems, if your teen has aggressive or oppositional behavior, or you have specific concerns about your teen's behavior, Triple P helps build parent confidence and effectiveness as well as foster healthy relationships between parents and their teens.

### CLASS INFORMATION

#### WHEN:

July, 2021 (TBD)

6:00 – 8:00pm

#### WHERE:

C.O.P.E. Family Support Center via the Zoom video-conferencing platform

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

#### Parents will learn to:

- Create a stable, supportive, and harmonious family
- Talk to your teen and build health communication
- Plan ahead for risky situations
- Use Assertive Discipline for dealing with misbehavior
- Take care of yourself as a parent



Fee: \$50 (one-time)

For questions or to register, contact

C.O.P.E. Family Support Center

(925) 689 5811

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

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