

# Building Teenagers' Survival Skills



*for every parent*



**Thursday, May 16, 2024**  
**6:30 – 8:30 p.m.**

You are invited to attend a **virtual Triple P discussion group program** hosted by Our Futures in Licking County.

### **This program:**

- is **free**
- will be held **live on Zoom**
- welcomes all parents, grandparents, and caregivers

Please register by calling **(740) 522-1234, ext. 22**, or email [TriplePSeminar@hotmail.com](mailto:TriplePSeminar@hotmail.com) at least four days prior to seminar date.

You will receive a reminder and Zoom link prior to the seminar date that you wish to attend.

**Building Teenagers' Survival Skills** is a **Triple P** discussion group program that will help you deal with the day-to-day challenges of parenting teens. Frequently, parents become concerned about the safety of their teens as they begin to spend increasing time away from home, often with new friends. Often parents strive to keep their teens safe by restricting their freedom. This can lead to conflict between parents and teens. This program will introduce you to some positive parenting strategies to help you reduce the risks that your teen may face when away from your supervision. You will learn some of the reasons why teens can get into trouble, as well as suggestions for helping you teach your teen how to manage problem situations.

**Triple P** is a research-based, internationally-recognized, multilevel parent support program funded by Licking Memorial Health Systems and supported by Mental Health and Recovery of Licking and Knox Counties and Our Futures in Licking County.

96 percent of parents who have tried some of the **Triple P** strategies have seen an improvement in their child's behavior!



**Licking Memorial Health Systems**