

# Coping with Teenagers' **EMOTIONS**

**Tuesday, February 18, 2025**  
**6:30 – 8:30 p.m.**

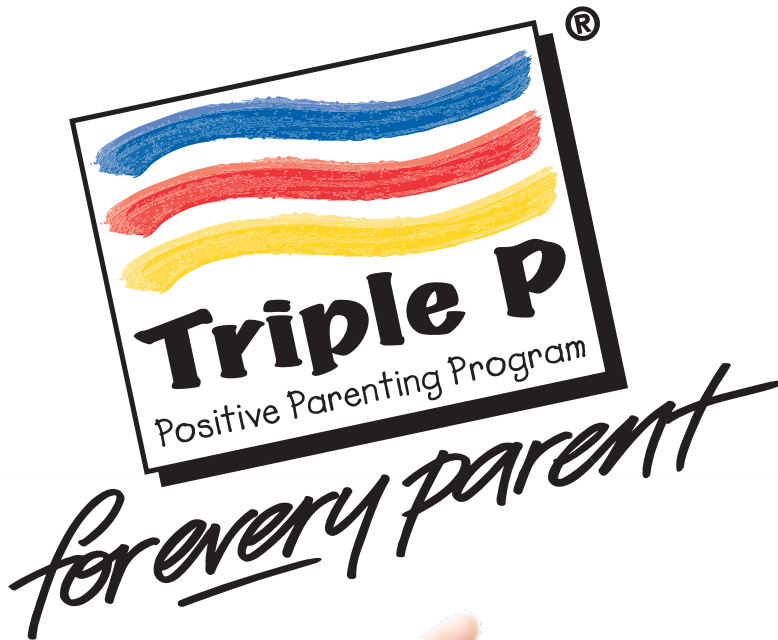
You are invited to attend a **virtual Triple P discussion group program** hosted by Our Futures in Licking County.

## **This program:**

- is **free**
- will be held **live on Zoom**
- welcomes all parents, grandparents and caregivers with children ages 10 to 16

Please register by calling **(740) 522-1234, ext. 26**, 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.



***Coping with Teenagers' Emotions*** gives some practical suggestions to help teach teens how to manage their emotions. When teens become emotional, it can be difficult for parents to calm them down. The important thing is for teens to learn how to calm themselves when they get upset about something. Parents can help by acknowledging the emotional experience and providing appropriate support without being intrusive. Learning to manage emotions is an important life skill! This program will explain how parents can use some simple positive parenting strategies to help prevent problems and to cope with teens' emotional behavior if it occurs.

**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**