



Triple P Parenting

**Triple P takes the guesswork out of parenting!
Free services available throughout Simcoe and Muskoka**

Small Changes Make Big Differences

Triple P gives parents simple tips to help manage the big and small problems of family life. Triple P helps you create a positive, caring relationship with your children and family. And families say it works.

Triple P is for Every Parent

Whether you have a specific problem or are just looking for advice on common, everyday issues from toddler tantrums to teenage rebellion, Triple P provides easy to use tips and new ideas that will help you build confidence and skills.

Triple P has the answers to common parenting questions and needs. Parents can talk with someone over the telephone, in person, individually or in a group— for more information, contact *Health Connection*, 705-721-7520 or 1-877-721-7520.

Click here for [Simcoe Muskoka Triple P program](#)* locations, dates and times.

To learn more about Triple P, visit the [Triple P Ontario Website](#).*



*Triple P website – Use mobile device or open with Microsoft Chrome or Mozilla Firefox

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