



Evidence Based Parenting Program

March 2024

March 7th 5:00pm (Pacific) : Bedtime Routines - Virtual

March 19th 12:00pm (Pacific) : Mealtime Struggles - Virtual

March 29th 10:30am (Pacific) : Healthy Screentime Routines - In-person at Pendleton Library

April 2024

April 5th 10:00am (Pacific) Mealtime Struggles : In-person at Good Shepherd Health Care System

April 9th 12:00pm (Pacific) : Building Teens Survival Skills - Virtual

April 17th 5:00pm (Pacific) : Managing Misbehavior - Virtual

Online Via Zoom

Virtual Meeting Link: <https://zoom.us/j/97055320643>

For referrals
or more
information



gobhi.org/triple-p



541-969-4061 (call or text)



triplep@gobhi.org

Registration is NOT required! Certificates of attendance and incentives are provided to those who attend

ALL SERVICES ARE FREE

No formal referral required • Certificates of attendance available



Triple P - Eastern Oregon



TripleP-Parenting.com/easternoregon