

Aug-Sept 2025

Free!

Positive Ways To Take the Worry Out of Parenting

EVIDENCE-BASED PARENT EDUCATION PROGRAM

Join Us Online!

THE TRIPLE P: Positive Parenting Program

Serving Gilliam, Hood River, Sherman, Wasco & Wheeler counties.

Support your children by teaching them to cope with challenges through proven strategies you can start using now!

Suited to parents and caregivers of children who have moderate to high levels of anxiety that negatively impact on everyday functioning.

- ✓ Learn new cognitive behavioral strategies for anxiety management
- ✓ Promote strategies that help parents encourage their children to express, tolerate and manage upsetting emotions more effectively

Register Now:

Email: triplep@gobhi.org

Call: 541-256-4692 or 541-969-4061

Scan the QR Code or go to:

www.fourriversfamily.org/parent-support

Aug-Sept Virtual Classes:

FEAR-LESS for ages 6m-14

Zoom with Selene

Tuesdays • August 26 - September 30
12pm - 1pm

- 6 group sessions
- Once a week on Zoom
- Registration required

No formal referral required. Certificates of attendance available.

