

February - April Series



THE TEENAGE YEARS

POSITIVE WAYS TO COPE WITH TEENAGE EMOTIONS

Join Us!

8-WEEK SERIES ON ZOOM

Triple P: THE TEENAGE YEARS series is designed to help parents and caregivers support teens.

Handling the specific challenges of the teenage years, such as safety, social pressures, and independence.

- ✓ Aims to prevent problems in the family, school and community before they arise.
- ✓ Getting teenagers to cooperate and communicate in a way to reduce family conflict.

For more info:

Email: triplep@gobhi.org

Call or Text: [541-256-4692](tel:541-256-4692)

Scan the QR Code or go to:
www.gobhi.org/triple-p

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



THE TEENAGE YEARS

A support system for raising teens ages 10-16

Zoom with Marissa
February 18 - April 8

Wednesday Evenings • 7pm - 8pm

- 8 weeks - once a week on Zoom:
5 group sessions, 1 session presented by Youthline, 2 individual sessions
- Registration required

Parents need to be able to commit to all eight sessions.

No formal referral required.

Certificates of attendance available.