

Triple P – Positive Parenting Program

It's important that parents know the programs are available FREE across Alberta, with instant access via the parent website (along with other free resources). This support is for EVERY parent – and social networking is a key part of creating a positive parenting culture. You can help by sharing this information widely across your website, social media and email channels. We've provided some copy below that you can use:

- **Websites/Newsletters/Facebook:** *"Help your kids stay calm and optimistic, and keep being a positive parent while dealing with your own stress. Get tips on helping children and teenagers manage anxious feelings and build emotional resilience. These tips are all available to Albertan families in FREE online programs (Triple P Online and Teen Triple P Online)! Find out more at <https://www.triplep.online/alberta>."*

Thanks for being part of helping all children and teenagers get the best start in life – even in uncertain times.

Free access to Triple P Online and Teen Triple P Online for Albertan parents has been funded by the Alberta Government.

The logo for the province of Alberta, featuring the word "Alberta" in a stylized, cursive font with a small blue square at the end of the word.