



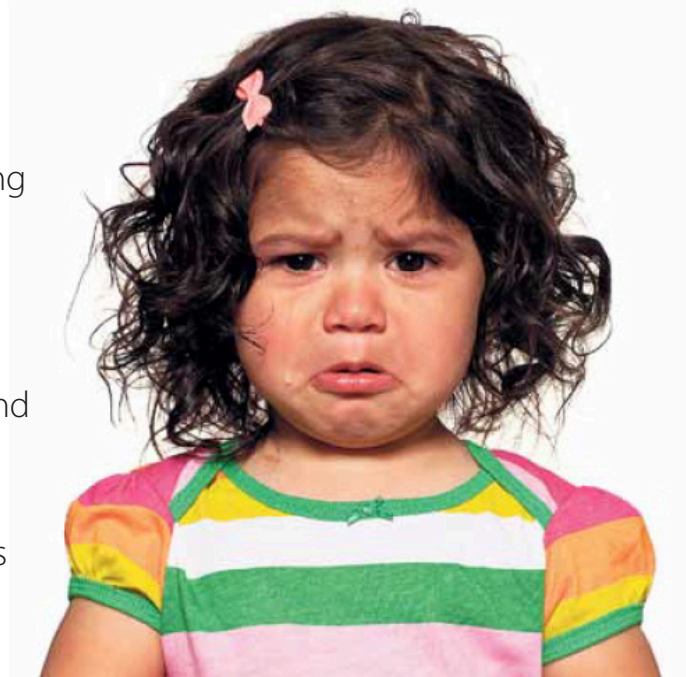
## Are daily routines a challenge? Are you tired of repeating instructions to your child? You're not alone!

### Learn tools and strategies to make a difference.

Triple P™ Stepping Stones is an evidence-based parenting program designed for parents with children 12 years and under who have a cognitive disability (e.g., down syndrome, autism spectrum disorder) or other learning challenges (i.e., attention deficit hyperactivity disorder). The program provides parents and/or caregivers tools and strategies that promote positive interactions with their child and prevent challenging behaviour.

We offer this 10-week program through online sessions with a Triple P™ Certified Consultant.

This program is eligible for Autism Funding.



## Connect with PEERS®

Is your youth interested in  
making and keeping friends?

Join us in learning how to  
Connect with PEERS®

A 10-week social skills program specially designed to bring youth (ages 14-18) together to connect with peers and build friendships. The PEERS® curriculum is evidence-based and focuses on teaching

friendship skills and important social behaviours. Weekly parent coaching sessions will be running concurrently to support skill development and maximize success of participants.

Maximum number of participants is 8.

This program is eligible for Autism Funding.



**For more information:**

Call toll-free at: 1-855-437-7095 or by email: [laurel@posAbilities.ca](mailto:laurel@posAbilities.ca)