

Where is Triple P Offered?

Stepping Stones Triple P® - for parents of a child, up to 12 years of age, with autism and/or an intellectual disability is offered in

- Metro Vancouver
- Vancouver Island (South)

Group Triple P® - for parents of children, up to 12 years of age is offered in

- Metro Vancouver
- Okanagan (South and North)

Learn more about Triple P® here:

www.triplep-parenting.net

About Us

We provide support to children, youth and adults with diverse abilities. This includes individuals with autism and/or an intellectual disability. Our consultants have diverse educational backgrounds and professional expertise in the areas of behaviour support, sexual health education and social skills training. We work collaboratively with the individual and all members of their support team to make meaningful changes that improve their quality of life.

Learn more about our services:

www.laurelbc.ca/services/

Triple P®

Helping parents take the stress out of parenting



- 📞 phone: 778-945-1435
- 📞 toll free: 1-855-437-7095
- ✉ email: laurel@posAbilities.ca
- 🌐 web: www.laurelbc.ca
- 📍 Suite 240, 4664 Lougheed Hwy, Burnaby, BC, V5C 5T5

Laurel Behaviour Support Services is offered by posAbilities, a not-for-profit community living organization.

A positive parenting program proven to work.

www.laurelbc.ca

What is Triple P®?

Triple P® is an evidence-based positive parenting program that aims to make parenting children easier.

How Does Triple P® Help?

The occasional tantrum or daily defiance? Choose how much positive parenting you need, and how you do it. Triple P® is for every parent with a child (up to 12 years of age) and helps you to:

- Raise happy and healthy kids
- Promote your child's development
- Teach new skills
- Manage misbehavior effectively
- Create healthy routines

With ongoing coaching from Triple P® certified Behaviour Consultants, the program helps parents implement strategies, track their child's progress and build confidence in parenting.

Why is Triple P® Important?

Triple P® helps take the stress out of parenting and makes your family life more enjoyable.

Children who grow up with positive parenting perform better at school, make friends more easily and feel good about themselves. They're also less likely to develop behavioural or emotional problems as they get older.

We Offer Two Triple P® Programs:

Stepping Stones Triple P®

For parents of a child, up to 12 years of age, with autism and/or an intellectual disability.

This program is offered in two formats:

Standard Triple P® Stepping Stones

Delivered in the comfort of a family's home. It includes seven (1-2 hour) sessions and three (30 minute) phone sessions. It offers flexibility to accommodate the needs and schedules of families.

Group Triple P® Stepping Stones

Offered to a group of 3-10 families at a local community site. It includes six (2-2.5 hour) sessions and three 1:1 (30 minute) phone sessions.

Group Triple P®

For parents of children, up to 12 years of age. A broad-based parenting intervention delivered in a small group format. It includes five (2-hour) group sessions and three 1:1 (30 minute) phone sessions.

If your child engages in more serious or high-risk behaviours and needs a more intensive approach to service with 1:1 behaviour consultation support, please visit:
www.laurelbc.ca/services/.

How do we access the program?

Stepping Stones and Group Triple P® are offered as a fee for service. Families can use private funds or access the program using their child's autism funding, if applicable.

If you are a parent or a service provider interested in Triple P®, please contact us at:

Phone: (778) 945-1435

Toll Free: 1 (855) 437-7095

Email: laurel@posAbilities.ca

We would be happy to set up a complimentary consultation to discuss your current concerns and vision for your child.

