

For Immediate Release  
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A new source of assistance for Licking County parents is available through the Triple P-Positive Parenting Program. This program, based on over 25 years of research by its founder Dr. Matt Sanders, promotes good communication and strong relationships between parents and children. While there is no right way to be a parent, Triple P offers information, support and practical answers to everyday parenting concerns.

The Triple P program focuses on children from birth to age 12. Triple P helps parents to learn how to use assertive discipline by being consistent and acting quickly when children misbehave. Parents also learn to have realistic expectations for children and themselves as parents. And most importantly - Triple P Works.

Licking County has 30 trained Triple P Providers. These providers are in schools and behavioral health and social service agencies. They are trained to offer free consultations to parents to help them identify positive strategies in managing common childhood problems.

Triple P training workshops will take place Wednesday, Oct. 27 and Thursday, Oct. 28 at the Mt. Vernon Nazarene University Newark Campus on Tamarack Rd. from 8:00a-3:330p. Lunch is being donated by Licking Memorial Hospital. Those attending include: principals, teachers, counselors, nurses and 211 call center specialists. The classes are currently filled. Parents and community members can contact Linda Myer, Triple P Coordinator, at 740-522-1232 for additional information about Triple P or the assistance available to them. Additional information about Triple P can be found at [www.ourfutures.org](http://www.ourfutures.org)

The Triple P- Positive Parenting Program is supported by the Community Mental Health and Recovery Board of Licking and Knox Counties, Licking County Children and Families First Council and Our Futures in Licking County. It is funded through the Ohio Children's Trust Fund.

