



## Welcome to Triple P Parenting!

This Triple P parenting class is supported by the **Parent Training Institute**, a program within the San Francisco Department of Public Health that is dedicated to improving child mental health and supporting parents by providing **free** effective parenting classes.

### What Should Parents Know About This Parenting Class?

#### 1) You will receive:

- Free childcare during the class
- A meal to share with your children before or after each session
- Transportation assistance if you need it to and from the Triple P class
- Free parent workbooks that are yours to keep
- DVDs are also available in English, Spanish, Cantonese and Mandarin that you can borrow from your group facilitator/s



#### 2) The class is CPS-approved

All Parent Training Institute parenting classes are accepted by the Human Services Agency for parents who need to complete a parent education class to fulfill a case plan requirement.

#### 3) Languages

Triple P classes are currently available in San Francisco in English, Spanish, Cantonese, and Mandarin.

#### 4) Don't be shy - the Parent Training Institute wants to hear from you!

You may have the opportunity to participate in a focus group to let us know what you thought about the class (Was the class helpful to you? Do you have any suggestions for improving it?). This is completely voluntary and you will be paid \$50 for your time if you decide to participate.

**Even if you do not complete the class.** If you decide not to continue with the parenting class, we would still like to hear your thoughts about the class. In particular, we would like to know if there was anything about the class that was off-putting or unhelpful to you so we can change it for future classes.

**For more information or to give us feedback, please contact:**

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