



Parent Support Team

Taking the Guesswork out of Parenting!

Learn to be the BEST parent you can be!

The Parent Support Team is here to support you in your parenting journey! We offer a variety of parent education programs using the Triple P (Positive Parenting Program). You can participate in small or large group opportunities as well as one-on-one consultations, so we will help you decide which structure works best for you and your family.

FREE Triple P Options for Catawba County Families

Triple P Seminar Series introduces Triple P's strategies of positive parenting with 90-minute topic-specific seminars. Series are also offered in Spanish and for families of children with special needs.

Brief Primary Care provides brief one-time assistance to parents who are generally coping well but have one or two concerns with their child's behavior – also offered in Spanish.

Primary Care Triple P provides one-on-one sessions with parents, including four 30-minute sessions that focus on targeted challenges that parents are experiencing with their child – also offered in Spanish.

Group Triple P offers five 2-hour group sessions for up to 12 parents, where participants learn through observation, discussion, practice, and feedback. Parents will also participate in three one-on-one consultations with the facilitator to help with your individual needs – also offered in Spanish.

Primary Care Stepping Stones & Group Stepping Stones Triple P includes parent education specifically designed for parents who have children with identified special needs. Parents can participate in one-on-one sessions or in group settings with other parents who share common challenges.

Family Transitions provides a more intensive intervention for families going through separation and divorce.

Discussion Groups/Discussion Groups Teen offers 4 sessions dealing with a specific problem behavior or issue – also offered in Spanish.

Pathways provides intensive intervention for parents having difficulty dealing with their emotions and at risk of physically or emotionally harming their child.

Triple P Online offers families a self-directed online program for parents of children ages 0-12 years and Teens. www.triplep-parenting.com

For more information
or to sign up for
Triple P, call
828-695-6565



Catawba County Parent Support Team is a Smart Start funded project of the Catawba County Partnership for Children. It also receives support through Catawba County Social Services and Public Health, as well as other funders. For more information about the Parent Support Team, please call Susan Arnold, the Early Childhood Support Team Supervisor, at 828-695-6590.