



Not sure which program you are looking for? We work with you to find the best fit for your family!

Raising children and teens is not an easy job! The Hub Family Resource Centre offers a variety of flexible parenting programs that provide practical tools to help you manage everyday family life and raise happy, healthy children.

Developing Resiliency

Kids Have Stress Too!

Kids Have Stress Too gives parents and caregivers tools to better understand stress and to help their child(ren) respond to it in a healthy way. If children can learn to respond to stress in a healthy and constructive way early on, they will be more resilient and better able to cope with whatever life sends their way. For children ages 4 to 18.

CAREGIVER EDUCATION

AGES 0 -18

Supporting parents and caregivers to raise happy, healthy, resilient children and teens

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THE HUB
FAMILY RESOURCE CENTRE

TRIPLE P POSITIVE PARENTING PROGRAM

Triple P is a parenting program, but it doesn't tell you how to be a parent. It's more like a toolbox of ideas. You choose the strategies you need. You choose the way you want to use them. It's all about making Triple P work for you.

A Few Tips and Strategies

Triple P Seminars - Positive parenting in a nutshell. Seminars give a quick overview of Triple P's best parenting strategies. For children 0-12 and children with disabilities.

Triple P Discussion Groups - For common parenting problems. Each session discusses only one topic: disobedience, fighting and aggression, bedtime routines, and hassle-free outings. For children ages 0-12.

For a Specific Challenge

One on One Triple P - For everyday problems. Tailored to your family's needs, this quick program will target the specific parenting strategies you are looking for. For children ages 0-16 and children with disabilities.

All the Strategies

Group Triple P - All you want to know about positive parenting. This small gathering of parents will help you understand why your child behaves the way they do. You will learn strategies to create a positive environment and manage challenging behaviours. For children ages 0-16 and children with disabilities.

Standard Triple P - For more serious behaviour problems. This program is offered over ten individual sessions and is tailored to your family's needs. For children ages 0-12.

Separation or Divorce

Transitions Triple P - For families experiencing separation or divorce. Caregivers come attend the program separately and learn strategies to support their child through this transition and how to effectively co-parent.

