

FOR IMMEDIATE RELEASE

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PRESS RELEASE

MEN'S CENTRE GIVES DADS TOOLS AND CONFIDENCE TO DO THE JOB OF PARENTING TEENAGERS

(Dads learn how small changes can make big differences)

The Nanaimo Men's Resource Centre is working in cooperation with the Vancouver Island Health Authority to offer a new service for dads – "Triple P Teens" (Positive Parenting Program). This successful program has achieved international status as a highly effective means of providing parents with tools and confidence for making small changes that make big differences. This is a system of easy to implement, proven parenting solutions that helps solve current parenting problems and prevents future problems before they arise.

Starting on Thurs Apr 13th for an eight week period, participants working in a group setting will learn how to effectively parent their teens using the research and evidence-based methods developed over 24 years of clinical research by Dr. Matt Sanders at the University of Queensland, Australia. Topics include: Ensuring a safe, engaging environment, creating a positive learning environment, using assertive discipline, having realistic expectations, and taking care of you as a parent.

Men's Centre Program Manager Michael Beechey comments: "This program meets the challenge of providing a home environment that guides and supports teenagers as they strive to become independent, well adjusted adults. The training and certification process that the Vancouver Island Health Authority organized with the master trainers from Australia was very thorough. I was very impressed by how well developed, systematic and thorough the program is."

To learn more about this program visit the website www.triplep.net or the Nanaimo Men's Resource Centre website www.nanaimomen.com. To facilitate maximum participation attendance is limited to a small group. To register call 716-1551. Mini

Calling all Dads: Positive Parenting Program for Teens - 8 week intensive program starts Thurs April 13. Seating limited. Call Nanaimo Men's Resource Centre 7161-1551 to register.

Misc info

There are four two-hour group sessions (once per week), followed by three 15 – 30min telephone calls (once per week), addressing your individual progress and then a final group session.