

Helping Families Thrive

## Triple P: Positive Parenting Program:

The Triple P Positive Parenting Program® has been demonstrated to prevent and treat behavioral, emotional and developmental problems in children by enhancing the knowledge, skills, and confidence of parents. All of this is done through a strength-based and self-reflective approach that builds upon existing parenting strengths. The flexibility and scope of the system enables it to be offered in a variety of settings with a diverse range of practitioners and **target populations. COPE's practitioners are accredited on the wide array of curriculums created by Triple P Positive Parenting Program®.**

### TRIPLE P GOALS:

- *To promote the independence and health of families through the enhancement of parents' knowledge, skills, and confidence.*
- *To promote the development of non-violent, protective, and nurturing environments for children.*
- *To promote the development, growth, health, and social competence of young children.*
- *To reduce the incidence of child maltreatment, behavioral and emotional problems in childhood and adolescence, delinquency, substance abuse and academic failure.*
- *To enhance the competence, resourcefulness, and self-sufficiency of parenting while raising their children.*

# Classes

## Group Triple P: For Parents of Children Up To 12 Years Old and Teens

Group Triple P is a broad-based parenting intervention delivered over nine weeks for parents who are interested in learning a variety of parenting skills.

Parents may be interested in promoting their child's development and potential, or they may have concerns about their child's behavioral problems.

### Triple P For Baby

The program is designed to prepare parents for a positive transition to parenthood and the first year with the baby by providing a range of strategies for a range of baby behaviors, partner support, and coping skills. Parents can promote sensitive and responsive care in the perinatal period while receiving emotional tools to help with new or continued parenthood.

### Stepping Stones

The program is designed to support parents or caregivers of children with a range of disabilities (intellectual disability, etc.) from ages 0 to 12 years old. This class aims to assist in the prevention and/or change in the development of problem behavior

### Family Transitions

The program is designed to assist parents in building and maintaining a healthy co-parenting relationship while providing strategies to manage conflicts, stressful situations, and challenging family dynamics. Parents have the important role of raising the next generation. The challenge for all parents is to raise healthy, well-adjusted children in a loving, predictable environment.

### Supporting Father Involvement

The Supporting Father Involvement (SFI) Program is an evidence-based approach to increasing positive father involvement. Parenting is important for all men because it enriches their lives, strengthens family dynamics, and contributes to the positive development of future generations. SFI is based on five interconnected family domains known to positively affect family health, mental health, and child abuse outcomes

### Fear-less

The program is designed to support parents to help children manage their anxiety more effectively. This class aims to help parents understand the significance of child anxiety and its factors, as well as provide strategies for anxiety management and coping skills to pass on to their children.

### Anger Management

This program is designed to help individuals recognize and manage anger. By gaining a better understanding of self, we learn to better control our anger so that it does not lead to violent outbursts or actions that are harmful to others. The purpose of the program is to develop the proper tools to help recognize and normalize anger and gain a better understanding and control of self. Our court-approved program teaches adults different ways to manage stress and improve emotional intelligence and communication.

Prices: \$25 - \$50 for Class Series

\*Anger management:

\$55 Registration + \$35 per class

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## COPE 4 Kids

Youth Mental Wellness Program  
For Ages 11-17

Based on:  
Attachment, Regulation, and  
Competency (ARC) Model:

ARC is an evidence-based intervention designed to help youth heal from the impacts of trauma. Group sessions will be held as a way to create an intentional opportunity for peer-engagement, using the framework of the ARC Model.

Sessions And Topics:

- Anxiety
- Anger Management
- Healthy Relationships
- Peer Conflict
- Social Skills

6-8 week Duration, once a week  
for one hour in-person

# Services

## **Counseling Options:**

Individual Psychotherapy, Couples/Marital Counseling, Parent Coaching, Group Therapy, Family Therapy, Child/Adolescent/Play Therapy, Grief Therapy, Individual Anger Management, Court Approved Co-Parent Counseling and Reunification

Work one-on-one, with families or in a group with a therapist on issues such as depression, anxiety, stress, post-traumatic stress disorder, anger management, life transitions, substance abuse, single or co-parenting, divorce mediation, and other personal or emotional issues to help you move forward in life and reach your goals.

Our therapists are culturally sensitive, hailing from diverse backgrounds and orientations. English speaking clinicians available.

Select Insurances Accepted Call Our Office For  
Details 925-689-5811

Scan The QR Code To Visit Our  
Website and See All Our Services!!

