

What is the Parenting Support Services Program?

Triple P

Triple P® (Positive Parenting Program) is one of the most effective evidence-based parenting programs in the world, backed up by more than 30 years of ongoing research. Triple P gives parents simple and practical strategies to help them confidently manage their children's behavior, prevent problems from developing, and build strong, healthy relationships.

- Ensuring a safe environment
- Using assertive (rather than coercive) discipline techniques.
- Creating a positive learning environment
- Taking care of oneself as a parent
- Having realistic expectations

Circle of Security

The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Using the COS-P model developed by the Circle of Security originators, our trained Facilitators work with parents and care-givers to help them to:

- Understand their child's emotional world by learning to read emotional needs
- Support their child's ability to successfully manage emotions
- Enhance the development of their child's self esteem
- Honor the innate wisdom and desire for their child to be secure

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Creating healthy communities

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Child, Family and Youth Programs

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Substance Abuse Treatment

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Center for Autism

Support Services for the Elderly

Employee Assistance Program

Mental Health First Aid Training

Our Offices:

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303 Putnam Rd., Wauregan, CT 06387

140 North Frontage Road, Mansfield Center, CT
06250

For More Information:

860-774-2020

UnitedServicesCT.org

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Parenting Support Services

(Formerly "Triple P")

*Helping to Build
Positive Parenting Skills
for Healthy Children & Families*



United Services, Inc.

Creating healthy communities





The Parenting Support Services (PSS) Mission:

To promote positive, caring relationships between parents and their children, and to help parents develop effective management strategies for dealing with a variety of childhood behavior problems and common developmental issues.

How Can Parenting Support Services Help Me?

When it comes to raising children of all ages, everyone has an opinion. There are so many ideas out there. So, how do you know what's best and what works?

The Parenting Support Services program takes the guesswork out of parenting by providing strategies to help manage the big and small problems of family life. From birth, child development, toddler tantrums, teenage rebellion, self esteem issues, bedtime battles, disobedience and aggression...

Parenting Support Services can help you deal with them all - and more!

How Does the Program Work?

There are three tracks:

1. Standard Triple P is for parents/caregivers of children 3-12 years of age.
2. Standard Triple P for Teens is for parents/caregivers of children 13-17 years of age.
3. Circle of Security is for parents/caregivers of children birth to 3 years of age. Circle of Security can also be used for specific cases for children of any age.

All three tracks deliver an in-home program that helps parents become independent resourceful problem solvers and learn how to create positive, nurturing, and safe home environments that promote their children's emotional, behavioral and cognitive strengths.

Parents receive a thorough assessment of parent-child interaction and are taught parenting skills that can be used to target a broad range of behaviors. The parent chooses the target behavior to be addressed. In the Teen program, the teen is also actively engaged in learning coping skills and problem solving skills while improving the parent / teen relationship.

Services are provided by trained and accredited Parent Educators in all three tracks. Case management is also provided to the family. Services are free of charge and are available in English and Spanish.

Who Can Participate?

The program serves families that are referred by state agencies, service providers, hospitals, courts, behavioral health clinics, therapists and the community. Parents can also self-refer to the program. Referrals are prioritized accordingly.

Participation in the program is voluntary. Home visits and the level of service provided is based on the individual needs and goals of the family.

To receive services, families must live in the 21 town service area of Ashford, Brooklyn, Canterbury, Chaplin, Columbia, Coventry, Eastford, Hampton, Killingly, Mansfield, Plainfield, Pomfret, Putnam, Scotland, Sterling, Thompson, Union, Willington, Willimantic, Windham and Woodstock.

For more information, please contact the Program Manager at the Wauregan Office. Fax referrals to the Wauregan Office: Attn. PSS Program, Program Manager or by mail to the Wauregan Office address below.

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Call between 9 a.m. and 5 p.m., Monday through Friday.

