

Triple P Santa Cruz County Topics for Seminars & Workshops

Triple P providers can offer Seminars and Workshops on a variety of topics in English or Spanish. If you're interested in scheduling a Seminar or Workshop for parents, contact one of the agencies/providers listed on the next page.

Triple P Seminars (90-minute Seminars that introduce parents to Triple P)

- ◇ The Power of Positive Parenting (overview of Triple P parenting strategies)
- ◇ Confident, Competent Children (building children's social/emotional skills)
- ◇ Raising Resilient Children (helping children manage their feelings)

Triple P Workshops (1-2 hour Workshops on specific topics or concerns)

POSITIVE PARENTING (General Topics)

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|--|---------------------------------------|
| ◇ Balancing Work and Family | ◇ Home Safety |
| ◇ Being a Parent | ◇ Preparing Your Child for a New Baby |
| ◇ Coping with Stress | ◇ Supporting Your Partner |
| ◇ Feeling Depressed After Birth of Your Baby | |

PARENTS OF INFANTS (Birth – 1 year)

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|-------------------------|----------------------|
| ◇ Crying | ◇ Separation Anxiety |
| ◇ Promoting Development | ◇ Sleep Patterns |

PARENTS OF TODDLERS (1 – 3 years)

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|----------------------|-------------------|
| ◇ Bedtime Problems | ◇ Sharing |
| ◇ Disobedience I | ◇ Tantrums |
| ◇ Hurting Others | ◇ Toilet Training |
| ◇ Independent Eating | ◇ Wandering |
| ◇ Language | ◇ Whining |

PARENTS OF PRESCHOOLERS (3 – 5 years)

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|-----------------------|------------------------|
| ◇ Cleaning Up | ◇ Interrupting |
| ◇ Disobedience II | ◇ Mealtime Problems |
| ◇ Fighting/Aggression | ◇ Nightmares/Terrors |
| ◇ Going Shopping | ◇ Separation Problems |
| ◇ Having Visitors | ◇ Traveling in the Car |

PARENTS OF SCHOOL-AGE CHILDREN (5 – 12 years)

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|----------------------|---------------|
| ◇ ADHD | ◇ Fears |
| ◇ Bedwetting | ◇ Lying |
| ◇ Behavior at School | ◇ Self-Esteem |
| ◇ Chores | ◇ Sport |
| ◇ Creativity | ◇ Stealing |
| ◇ Being Bullied | ◇ Swearing |
| ◇ Homework | |

Triple P Santa Cruz County Seminar & Workshop Providers

ORGANIZATION	Primary Contact Person	Services In:	Types of Triple P Services Provided:
Community Bridges – La Manzana Community Resources	Donica Ericsson 724-2997 x220 donicae@cbridges.org	<input checked="" type="checkbox"/> North County <input checked="" type="checkbox"/> Mid County <input checked="" type="checkbox"/> South County <input checked="" type="checkbox"/> English <input checked="" type="checkbox"/> Spanish	<input checked="" type="checkbox"/> Seminars <input checked="" type="checkbox"/> Workshops <input checked="" type="checkbox"/> Additional Triple P services (check with provider)
Community Bridges – Mountain Community Resources	English Services Cori Burt 335-6605 corib@cbridges.org Spanish Services Maggie Alejo 246-2061 margarita@cbridges.org	<input checked="" type="checkbox"/> North County <input type="checkbox"/> Mid County <input type="checkbox"/> South County <input checked="" type="checkbox"/> English <input checked="" type="checkbox"/> Spanish	<input checked="" type="checkbox"/> Seminars <input checked="" type="checkbox"/> Workshops <input checked="" type="checkbox"/> Additional Triple P services (check with provider)
Andrew Castro	(831) 334-2770 andrewtcastro@gmail.com	<input checked="" type="checkbox"/> North County <input checked="" type="checkbox"/> Mid County <input checked="" type="checkbox"/> South County <input checked="" type="checkbox"/> English <input type="checkbox"/> Spanish	<input checked="" type="checkbox"/> Seminars <input checked="" type="checkbox"/> Workshops <input checked="" type="checkbox"/> Additional Triple P services (check with provider)
Christina O’Halloran, LCSW	(831) 457-7032 cohallo@berkeley.edu	<input checked="" type="checkbox"/> North County <input checked="" type="checkbox"/> Mid County <input type="checkbox"/> South County <input checked="" type="checkbox"/> English <input type="checkbox"/> Spanish	<input checked="" type="checkbox"/> Seminars <input checked="" type="checkbox"/> Workshops <input checked="" type="checkbox"/> Additional Triple P services (check with provider)
Hannah Tunkel, LCSW	(831) 325-7663 hannahrt@gmail.com	<input checked="" type="checkbox"/> North County <input checked="" type="checkbox"/> Mid County <input type="checkbox"/> South County <input checked="" type="checkbox"/> English <input type="checkbox"/> Spanish	<input checked="" type="checkbox"/> Seminars <input checked="" type="checkbox"/> Workshops <input checked="" type="checkbox"/> Additional Triple P services (check with provider)
Heather Thomsen	(650) 464-6335 hthomsen@socio.com	<input checked="" type="checkbox"/> North County <input checked="" type="checkbox"/> Mid County <input checked="" type="checkbox"/> South County <input checked="" type="checkbox"/> English <input type="checkbox"/> Spanish	<input checked="" type="checkbox"/> Seminars <input type="checkbox"/> Workshops <input checked="" type="checkbox"/> Additional Triple P services (check with provider)
Iris Svereika	(831) 476-5256 iris.svereika@gmail.com	<input checked="" type="checkbox"/> North County <input checked="" type="checkbox"/> Mid County <input checked="" type="checkbox"/> South County <input checked="" type="checkbox"/> English <input type="checkbox"/> Spanish	<input checked="" type="checkbox"/> Seminars <input type="checkbox"/> Workshops <input checked="" type="checkbox"/> Additional Triple P services (check with provider)

To find other Triple P providers or services near you, call First 5 Santa Cruz County at 465-2217 or visit www.first5scc.org