

Parenting Programs/Services

offered across Sudbury and surrounding areas



A variety of options to choose from depending on parent/caregivers specific needs.

Go to parenting4me.com to connect with a service provider.

Healthy Emotions, Loving Parents (H.E.L.P. Tool Box)



This program provides parents/caregivers of young children with some of the tools and skills for coping with everyday stresses. It is carefully designed to build awareness and to reinforce positive attitudes and behaviors in key areas: Anger, Self-Confidence, Coping and Stress.

4 weeks for each topic (total 16 weeks)

FREE for parents/caregivers with children 0-6 years

Certificate of attendance offered

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Positive discipline in everyday parenting



Positive discipline is an approach to parenting that teaches children and guides their behaviour, while respecting their rights to healthy development, protection from violence and participation in their learning. Positive discipline is not permissive parenting and is not about punishment. It is about long-term solutions that develop children's own self-discipline and their life-long skills. Positive discipline is about teaching non-violence, empathy, self-respect, human rights and respect for others.

8 weeks

FREE for parents with children 0-18 years

Certificate of attendance offered

Offered across Sudbury and surrounding areas

Nobody's Perfect Parenting Program



Nobody's Perfect is a facilitated, community-based parenting program for parents of children from birth to age five. At Nobody's Perfect sessions, parents can learn about their child's feelings, behaviours, body, and safety as well as sharing what it is like to be a parent. Sessions are based on what parents want to learn about, not step by step from a book.

6-8 weeks

FREE for parents with children 0-5 years

Certificate of attendance offered

*Offered across Sudbury and surrounding areas /
Manitoulin Districts*

Bounce Back and Thrive!

Bounce Back & Thrive! (BBT) is a resiliency skills training programme designed to meet the needs of parents (and those in a parenting role) of children under the age of 8. BBT helps parents gain self-regulation and thinking skills that increase their capacity to provide caring relationships and role model resilience-building skills in daily interactions with their children.

Then, it shows parents how to directly introduce basic resiliency skills to children, and that helps children bounce back and thrive.



10 Weeks

FREE for parents with children 0-8 years

Certificate of attendance offered

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Triple P (Positive Parenting Program)

Triple P is a parenting program that will give you a toolbox of ideas. You choose the strategies you need. You choose the way you want to use them. Because all families are different, Triple P has a number of options. Choose from public seminars, group courses or you can even do Triple P Online, at home!



FREE for parents with children 0-18 years

Certificate of attendance offered

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Manitoulin Districts*

Parenting Program
H.E.L.P.
Healthy Emotions/Loving Parents
T O O L B O X



In Partnership with the Parenting Service Advisory Committee