

# 2025-2026 Family Services Calendar

REGISTER TODAY!



## Triple P<sup>®</sup> Positive Parenting Program

When you become a parent you're expected to be an instant expert. But all parents struggle from time to time – and that's where the Triple P – Positive Parenting Program can help.

One-on-one consultation sessions are available around a specific parenting issue as well as monthly group seminars and discussion groups. Triple P online is also an option. Triple P is available at all times for every family in Edgecombe and Nash counties. Triple P groups will meet at DEPC.

### Triple P<sup>®</sup> Discussion Groups

**Bedtime Routines**

Tuesday, September 16, 2025

5:30-7:30PM

**Hassle Free Meal Time**

Tuesday, March 31, 2026

5:30-7:30PM

### Triple P<sup>®</sup> Level 4 Groups

**August 28 – October 2, 2025** (Thursdays)

10 am to Noon -VIRTUALLY

**October 28 – December 9, 2025** (Tuesdays)

6:00-8:00PM (5:30-6:00 Dinner)

**April 14 – May 19, 2026** (Tuesdays)

6:00-8:00PM (5:30-6:00 Dinner)



Down East  
Partnership for Children



NC SNAP-ED

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP.  
This institution is an equal opportunity provider.



# Kaleidoscope Playgroups



Caregivers and their children, under the age of 5 are invited to attend the Down East Partnership for Children in Rocky Mount, Spaulding Family Resource Center in Spring Hope, or at Edgecombe County Memorial Library in Tarboro. Spend time playing and discovering ways to help our children continue learning at home.

**August 18 – December 12, 2025**

## Down East Partnership for Children

***Mondays***  
9:30-11:00AM

***Tuesdays***  
9:30-11:00AM

## Spring Hope

***Wednesdays***  
9:30-11:00AM

## Tarboro

***Fridays***  
9:30-11:00AM

**January 26 – May 20, 2026**

## Down East Partnership for Children

***Mondays***  
9:30-11:00AM

***Tuesdays***  
9:30-11:00AM

## Spring Hope

***Wednesdays***  
9:30-11:00AM

## Tarboro

***Fridays***  
9:30-11:00AM



# Circle of Parents

A support group for parents of children, ages birth to 18, with special needs (any physical or developmental disability). This program meets by Zoom most Monday nights from 6:00 - 8:00 pm during the school year as well as other specified times. Circle breaks for the Summer.

| **September 8 – May 18, 2026 (Mondays)**

**6:00-8:00PM**

# Incredible Years

Free 16-week parenting class | For parents of children 3-5 years of age.

Evidence-based parenting curriculum that has proven positive results for families.

In a virtual setting, parents will learn how to:

- Promote positive social and emotional behaviors and establish predictable household rules and routines
- Incorporate play into daily routines
- Effectively manage your child's challenging behaviors

| **January 15 – May 7, 2026 (Thursdays)**  
(Break April 9)

**5:30-8:00PM**

## **Incredible Years Reunion**

| **December 11, 2025 (Tuesday)**

**5:30-8:00PM**



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