



# TRIPLE P POSITIVE PARENTING PROGRAM

## FOR PARENTS OF CHILDREN 0-12 YEARS OLD

### Triple P Seminars

An introduction to the core strategies of Triple P. Attend any or all of three 60-minute classes.

#### March Seminars

#### Wednesdays, Noon-1pm

- 2nd - The Power of Positive Parenting
- 9th - Raising Confident, Competent Children
- 16th - Raising Resilient Children

### Triple P Discussion Groups

These 90 minute small group sessions each target a specific problem behavior or issue. Choose the sessions relevant to you. Receive a free booklet for each session.

#### Mondays - 10:30-Noon or 5:30-7pm

- February 14th - Dealing with Disobedience
- March 14th - Managing Fighting & Aggression
- April 11th - Developing Good Bedtime Routines
- May 9th - Hassle-free Mealtimes with Children

### 0-12 CLASSES REGISTER AT:

<https://forms.gle/VLVRnBJCR3VYPBjR8>



Scan with your  
smart phone  
camera

## FOR PARENTS OF TEENS 12-16 YEARS OLD

### Triple P Seminars

An introduction to the core strategies of Triple P. Attend any or all of three 60-minute classes.

#### February Seminars

#### Wednesdays, Noon-1pm

- 9th - Raising Responsible Teenagers
- 16th - Raising Competent Teenagers
- 23rd - Getting Teenagers Connected

### Triple P Discussion Groups

These 90 minute small group sessions each target a specific problem behavior or issue. Choose the sessions relevant to you. Receive a free booklet for each session.

#### Mondays - 10:30-Noon or 5:30-7pm

- January 24th - Coping With Teenagers' Emotions
- February 28th - Getting Teenagers To Cooperate
- March 28th - Reducing Family Conflict
- April 25th - Building Teenagers' Survival Skills

### TEEN CLASSES REGISTER AT:

<https://forms.gle/LLT7vEcYQtcGcNpu6>



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## Classes Facilitated By:

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