

# A community approach to Positive Parenting

**Free ONLINE parenting classes**

## **PARENTS OF CHILDREN 0-11 YEARS**

### **TRIPLE P SEMINAR SERIES**

*Pre-register for 1, 2 or all 3 programs*

1. The Power of Positive Parenting
2. Raising Confident & Competent Children
3. Raising Resilient Children

#### **Online**

10am-12pm Thurs, Sept 23, 30 & Oct 7

#### **Online**

6pm-8pm Tues, Oct 19, 26 & Nov 2

### **TRIPLE P DISCUSSION GROUPS**

*Pre-register for 1 or 2 programs*

1. Dealing with Disobedience
2. Managing Fighting and Aggression

#### **Online**

6pm-8pm Wed, Nov 17 & 24

## **PARENTS OF CHILDREN 2-11 YEARS**

### **TRIPLE P GROUP COURSE**

*A comprehensive 5 week program for parents looking for effective parenting strategies.*

Improve your parenting strategies and strengthen your relationship with your child

#### **Online**

6-8pm Thurs, Oct 14, 21, 28, Nov 4 & 11

## **PARENTS OF CHILDREN 2-10 YEARS WITH SPECIAL NEEDS**

### **TRIPLE P STEPPING STONES PROGRAM**

This program is provided based on community requests. Please contact us to access this support.

## **PARENTS OF TEENS 12-16 YEARS**

### **TRIPLE P TEEN GROUP COURSE**

*A comprehensive 5 week program for parents looking for effective parenting strategies.*

Improve your parenting strategies and strengthen your relationship with your teen

#### **Online**

6-8pm Wed, Oct 13, 20, 27, Nov 3 & 10

## **SEPARATED OR DIVORCED PARENTS**

### **TRIPLE P FAMILY TRANSITIONS**

*Pre-register for a 5-week program for separated or divorced parents*

Learn ways to promote a healthy transition for you and your children /teens.

#### **Online**

6-8pm Tues, Sept. 28, Oct 5, 12, 19 & 26

**For more information, visit our  
website**

**[www.triplepwindSOR-essex.ca](http://www.triplepwindSOR-essex.ca) or  
call 519-257-5215 ext. 74033**

