



## Be the best parent you can be with Triple P - "Positive Parenting Program"

Triple P is a parenting program for all parents. Whatever your need, no matter how simple or complex, Triple P has the information to help you. We provide Free parenting classes.

### Triple P Seminars - For Parents with children 0-12yrs

Health Unit - 33 Princess Street, **Leamington**

July 31- 6:00pm-8:00pm

Raising Confident Children - July 31, 6-8pm

### Triple P Tip Sheet Talks - For Parents with children 0-6yrs

Brock EarlyON Centre - 3312 Sandwich St, Windsor

Tantrums - July 25, 10:30-11:30am

Interrupting - Aug 1, 10:30-11:30am

Holy Name EarlyON - 200 Fairview Ave W, **Essex**

Separation Anxiety - July 26, 1:30-2:30pm

Bedtime Problems - Aug 22, 10:30-11:30am

KEYS EarlyON Centre - 23 Mill St W, **Kingsville**

Copy with Stress - Aug 1, 10-11am

Separation Anxiety - Aug 22, 10-11am

### Triple P Teen Discussion Groups

United Way - 300 Giles Blvd, E, Unit A1, Windsor

Getting teenagers' to Cooperate

Aug 21, 6-8pm

- Common ways teenagers don't cooperate
- Being aware of parenting traps
- Encouraging cooperation

Building teenagers' survival skills

Aug 23, 6-8pm

- Common reasons why teenagers make risky decisions
- Teaching teens strategies to keep themselves safe
- Promoting healthy independent

**Free Program** To Register call 519-257-5215 ext. 74033 or visit our website [www.triplepwindsor-essex.ca](http://www.triplepwindsor-essex.ca)