



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 - Parents with children 0-12yrs

Windsor-Essex County Health Unit

33 Princess Street, **Leamington**

The Power of Positive Parenting - July 10

- Having a positive environment
- Using assertive discipline
- Having realistic expectations
- Taking care of yourself

Raising Confident, Competent Children - July 31

- Showing respect to others
- Having good communication and social skills
- Having healthy self-esteem
- Becoming independent

Triple P Discussion Group -

Parents with teens 10 -16yrs

UNITED WAY CENTRAIDE
WINDSOR-ESSEX COUNTY

300 Giles Blvd, E, Unit A1, **Windsor**



Reducing family conflict - July 17

- Common ways conflict can occur
- Teaching teens to get along with other
- Encouraging harmony
- Reducing and managing conflict

Raising Resilient Children - July 17

- Expressing feelings appropriately
- Building a positive outlook
- Developing coping skills
- Managing stressful live events

Free Program

Registration required

call 519-257-5215 ext. 74033 or visit our
website www.triplepwindsor-essex.ca

