



Triple P

Positive Parenting Program

Free Classes



PARENTS

with anxious children/teen 6-14yrs

PARENTS

with children 0-11yrs

TRIPLE P SEMINAR SERIES

Online Class

Thursday, 10am-12pm

Sept 29, Oct 6 & 13

M D Bennie Public School

In Person Class

259 Sherk, Leamington, N8H 3K8

Tuesday, 6:00pm-8:00pm

Oct 18, 25 & Nov 1

- The Power of Positive Parenting
- Raising Confident & Competent
- Raising Resilient Children

NEW PROGRAM - FEAR LESS

Online Class

Wednesday, 6pm-8pm - 6 week Program

Oct 5, 12, 19, 26, Nov 2 & 9

Learn more about anxiety and how to help your child or teenager reduce worry and develop confidence and coping skills

PARENTS

with teens 11-16yrs

TRIPLE P TEEN GROUP COURSE

Online Class

Wednesday, 6pm-8pm - 5 week Program

Oct 26, Nov 2, 9, 16 & 26

Improve your parenting strategies and strengthen your relationship with your teen

PARENTS

with children 2-11yrs

SEPARATED OR DIVORCED PARENTS

TRIPLE P DISCUSSION GROUP

Online Class

Wednesday, 6pm-8pm

Nov 16 & 23

- Dealing with Disobedience
- Managing Fighting & Aggression

TRIPLE P FAMILY TRANSITIONS

Online Class

Tuesdays, 6pm-8pm - 5 week Program

Sept 27, Oct 4, 11, 18 & 25

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

triplepwindsor-essex.ca

519-257-5215 ext. 74033

