



Triple P
Positive Parenting Program
Online Classes
Free Zoom Classes



PARENTS with children 0 -11yrs

Wed, 6:00-8:00pm
Oct 4, 11, 18

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

PARENTS with teens 10-16yrs

TRIPLE P TEEN DISCUSSION GROUP
Wed, 6:00pm-8:00pm
Nov 1, Nov 15

- **Getting Teenagers to Cooperate**
- **Coping with Teenagers' Emotions**

PARENTS with children 2 -11yrs

TRIPLE P GROUP - 5 week program
Tues, 6:00-8:00pm
Oct 17, 24, Nov 7, 14 & 21
Improve your parenting strategies and strengthen your relationship with your child

SEPARATED OR DIVORCED PARENTS

FAMILY TRANSITIONS - 4 week program
Thurs, 6:00-8:00pm
Oct 19, 26, Nov 2 & 9
Learn ways to promote a healthy transition for you and your child / teen

PARENTS with anxious children/teen 6-14yrs

FEAR LESS - 6 week program
Tues, 5:30pm-7:30pm
Sept 26, Oct 3, 10, 17, 24, Nov 7 & 14
Learn more about anxiety and how to help your child / teen reduce worry and develop confidence and coping skills



triplepwindsor-essex.ca
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