

# Triple P - Online Programs

## Positive Parenting Program



**PARENTS**  
with children 0-11yrs

### TRIPLE P SEMINAR SERIES

Tuesday, 10am-12pm

April 26, May 3 & 10

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

**PARENTS**  
with children 2-11yrs

### TRIPLE P DISCUSSION GROUP

Thursdays, 6:00-8:00pm

March 24 & 31

- Dealing with Disobedience
- Managing Fighting & Aggression

Wednesdays, 6:00-8:00pm

May 4 & 11

- Dealing with Disobedience
- Managing Fighting & Aggression

### TRIPLE P GROUP COURSE

Tuesday, 6:00-8:00pm

April 19, 26, May 3, 10 & 17

5 week Program



Improve your parenting strategies and strengthen your relationship with your child

**PARENTS**  
with anxious children/teen 6-14yrs

### NEW PROGRAM

#### TRIPLE P FEAR LESS

Monday, 1:00pm-3:00pm

6 week Program

April 25, May 2, 9, 16, 30, June 6

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

**PARENTS**  
with teens 11-16yrs

### TRIPLE P TEEN DISCUSSION GROUP

Wednesday, 6:00pm-8:00pm

March 23, 30

- Reducing Family Conflict
- Getting Teenagers to Cooperate

Wednesdays, 6:00-8:00pm

May 25 & June 1

- Coping With Teenagers' Emotions
- Building Teenagers' Survival Skills

**SEPARATED OR DIVORCED PARENTS**

### TRIPLE P FAMILY TRANSITIONS

Tuesdays, 6:00-8:00pm

April 19, 26, May 3, 10 & 17

5 week Program

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

[triplepwindSOR-essex.ca](http://triplepwindSOR-essex.ca)

519-257-5215 ext. 74033