



# Triple P

**Positive Parenting Program**  
**Online Classes**  
**Free Zoom Classes**



**PARENTS with children 0-11yrs**

**Wed, 12:30-2:30pm**  
**June 7, 14 & 21**

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

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

**FEAR LESS - 6 week program**  
**Thurs, 6:00pm-8:00pm**  
**May 4, 11, 18, 25, June 1 & 8**  
**Learn more about anxiety and how to help your child / teen reduce worry and develop confidence and coping skills**

**PARENTS with children 2-11yrs**

**TRIPLE P DISCUSSION GROUP**  
**Thurs, 6:00-8:00pm**  
**May 25 & June 1**

- **Dealing with Disobedience**
- **Managing Fighting & Aggression**

**PARENTS with teens 10-16yrs**

**TRIPLE P TEEN DISCUSSION GROUP**  
**Thurs, 6:00pm-8:00pm**  
**May 11 & 18**

- **Coping with teenagers' emotions**
- **Building Teenagers' Survival Skills**

**TRIPLE P GROUP**  
**Thurs, 6:00-8:00pm**  
**May 4, 11, 18, 25 & June 1**  
**Get all the positive parenting strategies so you'll be ready for anything. Improve your parenting and strengthen your relationship with your child.**

**SEPARATED OR DIVORCED PARENTS**

**FAMILY TRANSITIONS - 5 week program**  
**Tues, 6:00-8:00pm**  
**May 9, 16, 23, 30 & June 6**  
**Learn ways to promote a healthy transition for you and your child / teen**

**triplepwindSOR-essex.ca**  
**519.257.KIDS (5437)**

