



Triple P

Positive Parenting Program
Online Classes
Free Zoom Classes



PARENTS with children 0 -11yrs

TRIPLE P SEMINAR
Wednesday, 6:00pm-8:00pm
May 15, 22, 29

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

Wednesday, 10:00am-12:00pm
June 5, 12 & 19

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

PARENTS with children 2-11yrs

TRIPLE P DISCUSSION GROUP
Tuesday, 10:00am-12:00pm
May 21 & 28

- **Dealing with Disobedience**
- **Developing Good Bedtime Routines**

Tuesday, 6:00-8:00pm
May 28 & June 4

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

PARENTS with anxious children/teen 6-14yrs

FEAR LESS - 5 week program
Tuesday, 6:00pm-8:00pm
May 7, 14, 21, 28 & June 4
Learn more about anxiety and how to help your child / teen reduce worry and develop confidence and coping skills

PARENTS with teens 10-16yrs

TRIPLE P TEEN DISCUSSION GROUP
Thursday, 6:00pm-8:00pm
May 23 & May 30

- **Coping with Teenagers' Emotions**
- **Building Teenagers' Survival Skills**

SEPARATED OR DIVORCED PARENTS

FAMILY TRANSITIONS - 4 week program
Thursday, 6:00-8:00pm
April 25, May 2, 9 & 16
Learn ways to promote a healthy transition for you and your child / teen