



Triple P

Positive Parenting Program
Online Classes
Free Zoom Classes



PARENTS with children 0 -11yrs

TRIPLE P SEMINARS
Thurs, 10am-12pm
Jan 12, 19, 26
Or
Wed, 6:00-8:00pm
Feb 15, 22 & Mar 1

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

PARENTS with anxious children/teen 6-14yrs

FEAR LESS - 6 week program
Mon, 6:00pm-8:00pm
Jan 16, 23, 30, Feb 6, 13, 27
Or
Wed, 1:00pm-3:00pm
Feb 1, 8, 15, 22, Mar 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
Tues, 6:00-8:00pm
Mar 21 & 28

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

PARENTS with teens 10-16yrs

TRIPLE P TEEN DISCUSSION GROUP
Mon, 6:00pm-8:00pm
Feb 27, Mar 6

- **Getting Teenagers to Cooperate**
- **Building Teenagers' Survival Skills**

TRIPLE P GROUP - 5 week program
Tues, 6:00-8:00pm
Jan 10, 17, 24, 31, Feb 7
Improve your parenting strategies and strengthen your relationship with your child

SEPARATED OR DIVORCED PARENTS

FAMILY TRANSITIONS - 5 week program
Thurs, 6:00-8:00pm
Feb 9, 16, 23 Mar 2, 9
Learn ways to promote a healthy transition for you and your child / teen

triplepwindsor-essex.ca
519.257.KIDS (5437)

