



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



**PARENTS with children 0 -11yrs**

**Wed, 10:00am-12:00pm**  
**Jan 24, 31 & Feb 7**

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

**Tues, 6:00pm-8:00pm**  
**Feb 20, 27 & Mar 5**

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

**PARENTS with teens 10-16yrs**

**TRIPLE P TEEN DISCUSSION GROUP**  
**Thurs, 6:00pm-8:00pm**  
**Jan 18 & 25**

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

**PARENTS with children 2-11yrs**

**TRIPLE P DISCUSSION GROUP**  
**Tues, 6:00-8:00pm**  
**Jan 30 & Feb 6**

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

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

**FEAR LESS - 6 week program**  
**Mon, 6:00pm-8:00pm**  
**Feb 26, Mar 4, 11, 18 & 25**  
**Learn more about anxiety and how to help your child / teen reduce worry and develop confidence and coping skills**



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