



# Triple P Seminars

Seminars with parents of children up to approximately 12 years of age. Triple P Seminars consists of four 90-minute seminars on specific topics. Parents select which of the following seminar(s) they'd like to attend:

- The Power of Positive Parenting,
- Raising Confident and Competent Children,
- Raising Resilient Children, and
- Helping Children Develop Healthy Screen time Habits

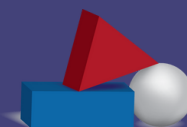


## Benefits

- Improved child behavior ✓
- Reduced parenting stress ✓
- Stronger parent-child relationships ✓

## Contact:

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