FREE!! Triple P Discussion Groups
Positive parenting help for parents/caregivers of children age 0 - 10

“Developing A Good Bedtime Routine”
Wednesday November 27, 2019

“All sessions will run from 5pm – 7pm

“All sessions will take place at the Day Star Gymnasium
DAY STAR FIRST NATION, SASK.

“Hassle-Free Shopping with Children”
Wednesday December 11, 2019

**Parents may attend as many sessions of interest.
**Childcare is unavailable**
Children are not permitted in the sessions, please make appropriate arrangements for your children

**Space is limited to 12 participants per session

REGISTRATION IS REQUIRED:
CALL: Lynn or Diane at the Health Clinic
TEXT: 306-621-3084 (Jamie at Triple P Office)

www.triplep-parenting.ca