

Small changes,  
big differences.



# **FREE!!** Triple P Discussion Groups

Positive parenting help for parents/caregivers of  
children age 0 - 10

Tuesday October 22, 2019  
"Developing A Good Bedtime Routine"

Tuesday January 21, 2020  
"Managing Fighting & Aggression"

Tuesday March 17, 2020  
"Dealing With Disobedience"

Tuesday May 12, 2020  
"Hassle Free Shopping With Children"

P.J Gillen School  
500 St. Mary's Street  
ESTERHAZY, SASK.

\*\*Parents may attend as many sessions of interest.

\*\*Space is limited to 12 participants per session

\*\*Children are **NOT** permitted. Please make adequate  
childcare arrangements\*\*

ALL SESSIONS RUN FROM 6:30 – 8:30pm

**REGISTRATION IS REQUIRED:**  
**P.J. Gillen School at 306-745-2171**

\*\*Sessions for parents with teens are also offered on alternate dates.  
Call the school for more information, or the Triple P office at 306-783-3080

[www.triplep-parenting.ca](http://www.triplep-parenting.ca)