

## SIGN Triple P online

Yellow background is for parents of children age 0 to 10

Blue background is for parents of children age 10 to 16

<i>Name of event</i>	<i>Date of event</i>	<i>Description</i>
<b>The Power of Positive Parenting</b>	April 8	830 pm The Power of Positive Parenting: For every parent who ever wondered: "Why does my child do that?" This seminar helps you understand the reasons kids do what they do, so you can guide their behavior – and see more of the behavior you like, and less of the behavior you don't like.
<b>Dealing With Disobedience</b>	April 14	7pm Parenting is not always easy! Is your child ever disobedient? Come learn positive parenting tips to help make parenting a little easier!
<b>Coffee with Corinna</b>	April 15	830 am Grab a coffee and come chat about healthy ways to Cope with Stress as a parent.
<b>Getting Teenagers to Cooperate</b>	April 16	7pm During the transition from child to adult many parents find their teenagers becoming less cooperative. Which in turn can lead to conflicts between parents and teenagers. This discussion group will give you strategies to help guide your teenager to be cooperative and polite.
<b>Coffee with Corinna</b>	April 20	830 am Grab a coffee and come chat about how we can help our teenagers Cope with Depression.
<b>Managing Fighting &amp; Aggression</b>	April 21	7pm It's natural for children to have disagreements or arguments at times. However when children fight, the risk is that someone will be hurt. If not dealt with early enough, fighting & Aggression can get worse. Come learn positive parenting tips how to make parenting a little easier!
<b>Coffee with Corinna</b>	April 22	830 am Grab a coffee and come chat about how we can manage when our children Whine!
<b>Coping With Teenagers Emotions</b>	April 23	7pm Many parents will notice that their teenagers are becoming more emotional as they develop and mature into adulthood. This can be very upsetting and frustrating for both teenagers and parents. During this discussion group you will be given some positive parenting strategies to help teach your teenager how to better manage their emotions.
<b>Coffee with Corinna</b>	April 27	830 am Grab a coffee and come chat about how we deal with our teenagers when they are Rude and Disrespectful.
<b>Developing A Good Bedtime Routine</b>	April 28	7pm This discussion group gives positive parenting strategies to help you develop a good bedtime routine, teach your children to fall asleep in their own bed, and stay in their bed until morning. You will discuss common bedtime problems and skills that will help children get into a good bedtime routine.
<b>Coffee with Corinna</b>	April 29	830am Grab a coffee and come chat about effective ways to Toilet Train our little ones!
<b>Reducing Family Conflict</b>	April 30	7pm Parents tend to experience more conflict within the family as teenagers are making the transition from child to teenager. This may be between parent and teenager and other among other family members. This discussion group will give parents strategies to help you teach your teenager how to get along with others in the family without the constant fights and arguments.
<b>Coffee with Corinna</b>	May 4	830 am Grab a coffee and come chat about how we can help our teenagers Cope with Anxiety.
<b>Hassle-free Shopping with Children</b>	May 5	7pm Learn how to avoid hassles, to teach your child to behave responsibly while shopping and make it easier on you as a parent.
<b>Coffee with Corinna</b>	May 6	830 am Grab a coffee and come chat about how we can teach our children to learn self-discipline and apply themselves to a job and how to help with the running of a household.
<b>Building Teenagers Survival Skills</b>	May 7	830 am Safety of our teenagers is a growing concern as they become increasingly more independent. Parents may want to keep their teenagers safe by restricting their freedom, which can lead to conflict and resentment between parent and teenager. During this discussion group you will learn strategies that will help your teenager make decisions that will help reduce risks they may face when they are away from our supervision.

Registration is required for ALL sessions: Call 306-783-3080 Text 308-621-3084 Message on Facebook

Email [triplep@signyorkton.ca](mailto:triplep@signyorkton.ca)

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