



A service of



Online

Fear-Less Group

A program for parents/caregivers of children age 6 to 14 with significant anxiety concerns

**Conducted on six consecutive Tuesdays
May 11, 18, 25, June 1, 8, 15, 2021
from 7 pm to 9 pm**

Registration deadline is May 7, 2021

***Registration is limited. Specific criteria must be met to attend this class.
Call or text for more information.***

***Parents must commit to all sessions, with session 1 mandatory.
This will be the last Fear-Less group until September.***

***The Fear-Less Group is conducted online. Login information will be provided to
registered participants by email.***

***Adequate Internet service must be available and participants must have video and
audio turned on at all times. We encourage parents to use a computer, laptop or
tablet and not a phone to participate in this program.***

**Parents will learn how to use positive parenting strategies
that can help children overcome their anxiety.**

**This program teaches parents about the causes of anxiety
and how their response as a parent can influence children's
anxiety. We will also cover how to develop realistic
expectations to manage anxiety.**

All programs are **free, but registration is required for all sessions:**

**Call 306-783-3080 | Text 306-621-3084 | Message on Facebook | Email triplep@signyorkton.ca
www.facebook.com/yorktontriplep | www.signyorkton.ca**



A service of



Online

Triple P Teen Discussion Group

A program for parent/caregiver of a child age 10 to 16

Two sessions
May 20 and June 10, 2021
7 pm to 9 pm

The discussion group is conducted online. Login information will be provided to registered participants by email.

Registration is limited to 12 persons. Parents/caregivers may attend any sessions of interest to them.

Adequate Internet service must be available and participants must have video and audio turned on at all times. We encourage parents to use a computer, laptop or tablet and not a phone to participate in this program.

Is this your family?

A teenager who is rude and refuses to follow family rules? One who screams or cries at the drop of a hat? A teenager who is arguing with everyone in the family? Or who's drinking, skipping school or hanging out with a bad crowd?

If any of these descriptions fit your teenager, Teen Triple P Discussion Groups can help. Teen Triple P Discussion Groups are short, small group sessions that offer practical advice for tackling specific problem behaviour.

Thursday May 20, 2021 – Coping With Teenagers Emotions

Thursday June 10, 2021 – Reducing Family Conflict

All programs are **free**, but registration is required for all sessions:

Call 306-783-3080 | Text 306-621-3084 | Message on Facebook | Email triplep@signyorkton.ca

www.facebook.com/yorktontriplep | www.signyorkton.ca



A service of



Online

Triple P Discussion Group

A program for parent/caregiver of a child age 0 to 10

Four weekly sessions
April 15 to June 17, 2021
7 pm to 9 pm

The discussion group is conducted online. Login information will be provided to registered participants by email.

Registration is limited to 12 persons. Parents/caregivers may attend as many sessions as are of interest to them.

Adequate Internet service must be available and participants must have video and audio turned on at all times. We encourage parents to use a computer, laptop or tablet and not a phone to participate in this program.

Is this your child?

A child who melts down in the supermarket? One who won't go to bed without a fight? The kid who's always disobedient, or who bites, hits or fights?

If your child fits any of these descriptions, Triple P Discussion Groups can help.

Triple P Discussion Groups are short, small group sessions that offer parents practical advice for tackling specific problem behaviour.

Thursday April 15, 2021 – Developing A Good Bedtime Routine

Thursday May 6, 2021 – Dealing With Disobedience

Thursday May 27, 2021 – Managing Fighting & Aggression

Thursday June 17, 2021 – Hassle-Free Shopping With Children

All programs are **free**, but registration is required for all sessions:

Call 306-783-3080 | Text 306-621-3084 | Message on Facebook | Email triplep@signyorkton.ca

www.facebook.com/yorktontriplep | www.signyorkton.ca



A service of



Online

Triple P Group

A program for parents/caregivers of children age 0 to 10

Conducted during seven consecutive weeks

April 21 to June 2, 2021

from 7 pm to 9 pm

Registration deadline is April 21, 2021

The group is conducted online. Registration is limited to 6 persons.

This will be the last Triple P group until September.

Parents must commit to all sessions, with session 1 mandatory. The seven-week program consists of five online sessions and two sessions conducted by phone.

Adequate Internet service must be available and participants must have video and audio turned on at all times. We encourage parents to use a computer, laptop or tablet and not a phone to participate in this program.

Parents will receive support to help manage their children's behaviour and prevent the kinds of problems that makes family life stressful.

We start with developing good relationship for parents to have with their child, then share ideas how we can encourage the behaviour we like, teach new skills and behaviours, and finally how to manage children's misbehaviour.

All programs are **free, but registration is required for all sessions:**

Call 306-783-3080 | Text 306-621-3084 | Message on Facebook | Email triplep@signyorkton.ca

www.facebook.com/yorktontriplep | www.signyorkton.ca



A service of



Online

Triple P Teen Group

A program for parents/caregivers of children age 0 to 10

Conducted during seven consecutive weeks

April 26 to June 7, 2021

from 7 pm to 9 pm

Registration deadline is April 21, 2021

Registration is limited to 6 persons.

This will be the last Triple P Teen Group until September.

Parents must commit to all sessions, with session 1 mandatory. The seven-week program consists of five in-person sessions and two sessions conducted by phone. In-person sessions are April 26, May 3, 10, 17, June 7.

Adequate Internet service must be available and participants must have video and audio turned on at all times. We encourage parents to use a computer, laptop or tablet and not a phone to participate in this program.

Parents will receive support to help manage their children's behaviour and prevent the kinds of problems that makes family life stressful.

We start with developing good relationship for parents to have with their child, then share ideas how we can encourage the behaviour we like, teach new skills and behaviours, and finally how to manage children's misbehaviour.

All programs are **free, but registration is required for all sessions:**

Call 306-783-3080 | Text 306-621-3084 | Message on Facebook | Email triplep@signyorkton.ca

www.facebook.com/yorktontriplep | www.signyorkton.ca