



A service of



Online

Triple P Seminars

Raising Resilient Children

Tuesday July 6, 2021

from 7.30 to 9 pm

for parents of children ages 2 to 10

Learn how can you help your child manage their emotions so they cope well with disappointment and in stressful situations. Get the strategies that will allow them to recognize positive and negative emotions – and deal with them in a healthy way.

Fear-Less Seminar

Wednesday August 18, 2021

from 7 to 9 pm

A useful introductory seminar for parents or caregivers of children with anxiety aged 6 to 14 years

The Fear-Less seminar introduces parents to a wide range of strategies for managing children's anxiety in a single session seminar program. The seminar is for parents who would like some tips on anxiety management for their family.

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



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Triple P Discussion Groups

A program for parent/caregiver of teens ages 10 to 16

**Four important topics.
Choose the daytime or evening sessions
that best suit your schedule.**

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

If this fits your teenager, Triple P Discussion Groups – short, small group sessions that offer practical advice – can help.

Building Teenage Survival Skills:

July 7, 7 to 9 pm or July 14, 1 to 3 pm

Getting Teenagers to Co-operate:

July 21, 7 to 9 pm or July 28, 1 to 3 pm

Coping With Teenagers Emotions:

August 10, 1 to 3 pm or August 17, 7 to 9 pm

Reducing Family Conflict:

August 24, 1 to 3 pm or August 31, 7 to 9 pm

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Triple P Discussion Groups

A program for parent/caregiver of children ages 0 to 10

**Three important topics.
Choose the daytime or evening sessions
that best suit your schedule.**

Is this your child? A child who melts down in the supermarket? One who won't go to bed without a fight? Or one 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.

Dealing With Disobedience:

July 13, 1 to 3 pm or July 20, 7 to 9 pm

Managing Fighting & Aggression:

July 27, 7 to 9 pm or Aug. 11, 1 to 3 pm

Developing A Good Bedtime Routine:

August 25, 1 to 3 pm or Sep. 1, 7 to 9 pm

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