



A service of



Melville

Fear-Less Group

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

**Conducted on six consecutive Wednesdays
January 6, 13, 20 and 27, February 3 and 10, 2021
from 7 pm to 9 pm
Registration deadline is Dec. 31, 2020**

***Melville Community Works, Meeting Works Room
800 Prince Edward Street, Melville***

***Registration is limited to 8 persons. 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.
Covid-19 precautions will apply.***

Session will be offered online only in the event of a change in Covid-19 guidance.

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.

Children are not permitted in any session, and childcare is not available.

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



Yorkton

Fear-Less Group

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

Conducted on six consecutive Mondays
February 22, March 1, 8, 15, 22 and 29, 2021
from 7 pm to 9 pm
Registration deadline is Feb. 5, 2021

SIGN on Broadway Triple P Centre
345 Broadway Street West, Yorkton

Registration is limited to 6 persons. 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.
Covid-19 precautions will apply.

Session will be offered online only in the event of a change in Covid-19 guidance.

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.

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A service of



Online

Fear-Less Seminar

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

January 21, 2021

7 pm to 9 pm

Registration deadline is Jan. 18, 2021

The seminar is conducted online on WebEx.

Login information will be provided to registered participants by email.

Registration is limited to 30 persons.

Fear-Less Triple P offers parents key anxiety-management skills they can teach their children.

Parents will understand how anxiety works, know how to help their children develop coping skills and face feared situation, and manage children's anxious behavior effectively.

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A service of



Online

Stepping Stones

A program for any Saskatchewan parent/caregiver of a child age 2 to 12 with a disability diagnosis

Eight weeks

Wednesday February 24, March 3, 10, 17, 24, April 14, 2021

from 7 pm to 9 pm

Registration deadline is Feb. 5, 2021

The seminar is conducted online on WebEx.

Login information will be provided to registered participants by email.

Registration is limited to 10 persons.

Parents must commit to all eight weeks -- 6 online group sessions on the dates above and 2 sessions conducted by individual phone calls during the other two weeks.

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.

This program is free to those in the SIGN Triple P service area. Those outside this area will be charged \$52.60 for the workbook, which must be purchased in advance.

In the initial five group sessions, parents will learn how to use positive parenting to develop good relationships with their children, encourage their children to learn new skills and develop independence. We will discuss how we can promote children's health, development and well-being, and manage misbehavior.

Registration is required for all sessions:

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A service of



Online

Triple P Teen Discussion Group

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

Four weekly sessions
January 25 to March 16, 2021
7 pm to 9 pm

*The discussion group is conducted online on WebEx.
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 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.

Monday January 25, 2021 – Reducing Family Conflict

Monday February 8, 2021 – Coping With Teenagers Emotions

Tuesday March 2, 2021 – Getting Teenagers to Cooperate

Tuesday March 16, 2021 – Building Teenagers Survival Skills

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

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A service of



Online

Triple P Discussion Group

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

Four weekly sessions
February 11 to March 31, 2021
7 pm to 9 pm

*The discussion group is conducted online on WebEx.
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 February 11, 2021 – Developing A Good Bedtime Routine

Thursday March 4, 2021 – Dealing With Disobedience

Thursday March 18, 2021 – Managing Fighting & Aggression

Wednesday March 31, 2021 – Hassle-Free Shopping With Children

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

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A service of



Yorkton

Triple P Group

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

Conducted during seven consecutive weeks

January 12 to February 23, 2021

from 7 pm to 9 pm

Registration deadline is Jan. 8, 2021

***SIGN on Broadway Triple P Centre
345 Broadway Street West, Yorkton***

Registration is limited to 6 persons.

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 January 12, 19, 26, February 2 and 23.

Covid-19 precautions will apply.

Session will be offered online only in the event of a change in Covid-19 guidance.

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.

Children are not permitted in any session, and childcare is not available.

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A service of



Yorkton

Triple P Teen Group

A program for parents/caregivers of children age 10 to 16

Conducted during seven consecutive weeks

January 12 to February 23, 2021

from 7 pm to 9 pm

Registration deadline is Jan. 8, 2021

***SIGN on Broadway Triple P Centre
345 Broadway Street West, Yorkton***

Registration is limited to 6 persons.

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 January 12, 19, 26, February 2 and 23.

Covid-19 precautions will apply.

Session will be offered online only in the event of a change in Covid-19 guidance.

Parents will receive support to help manage their teen's behaviour and prevent the problems that makes family life stressful. We start with developing positive relationship between parents and child, then share ideas how we can increase desirable behaviour, teach new skills and behaviours, manage misbehaviour, and finally deal with risky behaviour.

Children are not permitted in any session, and childcare is not available.

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