

# Triple P – Positive Parenting Program



**FREE workshops for parents of school age children  
because kids don't come with an owner's manual!**

## **Tuesday, February 9/10: The Power of Positive Parenting**

Join us to learn more about how to help our children develop skills, succeed at school, make friends and feel good about themselves.

## **Tuesday, February 16/10: Confident, Competent Children**

Learn more about how to help your child show respect and co-operation, build self-esteem, be successful in school, relate positively to others and solve problems.

## **Tuesday, February 23/10: Resilient Children**

Learn more about how to help children cope with everyday feelings, strong emotions and stressful life events.

**When? 5:00 – 7:00 p.m.**

**Where? Hillsdale Elementary School**

**Who? Parents of children age 2 – 10**

**REGISTER NOW at school**

**(705) 835-2108**