



Triple P

Positive Parenting Program

One OFF Digital Sessions

Do you have a child or children aged 2years—10years old?

Do you want to manage or prevent some of the challenging behaviours that do and can occur?

Then come along and join one or more of our one-off discussion groups. Meet other parents in similar situations and get some advice, hints, tips and strategies to help make parenting children easier and less challenging

Summer One-Off Sessions

Tuesday 26th July	1:30pm —3:30pm	Developing Good Bedtime Routines
Friday 5th August	9:30am —11:30am	Hassle Free Shopping with Children
Weds 10th August	10:00am —12:00pm	Dealing with Disobedience
Thursday 18th August	12:00pm —2:00pm	Hassle Free Mealtimes with Children
Monday 22nd August	9:30am —11:00am	Managing Fighting & Aggression

To book your place keep a look out on our
Eventbrite & Facebook pages.

Events go live soon!

