



TRIPLE P

3 - 12 YEARS SEMINAR SERIES

The 3-12 Years Triple P Seminar Series is part of the well-known evidence based and internationally recognised Triple P Programs from the University of Queensland. The seminars are designed for parents/carers of 3-12 year olds interested in learning about positive ways of promoting their children's development.

SEMINAR 1: The Power of Positive Parenting introduces parents to the 5 core principles of positive parenting.

WHEN: Thurs 5th November 7.00-9.00pm

SEMINAR 2: Raising Confident, Competent Children introduces parents to the key building blocks children need to do well in life.

WHEN: Thurs 12th November 7.00-9.00pm

SEMINAR 3: Raising Resilient Children identifies key skills that parents can help their children develop to build emotional resilience.

WHEN: Thurs 19th November 7.00-9.00pm

VENUE: Chatswood Community Health Centre
57 Hercules St Chatswood

COST: \$50pp for 1 seminar, or \$120pp for 3 seminars

For all enquiries and bookings, please phone: **8877 5376**

All our course leaders are parents and trained educators.

CHILD AND ADOLESCENT PARENTING



Health
Northern Sydney
Local Health District

www.nslhd.health.nsw.gov.au/Services/CAP