



Triple P is an internationally-acclaimed parenting program which is offered free to all Queensland parents and carers of children up to 16 years of age. Triple P is considered one of the world's best because it has been scientifically shown to work and because it's already helped more than four million children and their families in more than 25 countries.

Triple P helps you:

- Raise happy, confident kids
- Manage misbehaviour so everyone in the family enjoys life more
- Set rules and routines that everyone respects and follows
- Encourage behaviour you like
- Take care of yourself as a parent
- Feel confident you're doing the right thing
- Access the community

**FREE Triple P sessions available in Term Four at Robina Disability Services:**

**One-On-One Sessions**

One or more flexibly scheduled personal sessions for parents of children 0-16 years of age in your home or at our office. Please contact Wendy Hewetson on (07) 5656 5899 or [wendy.hewetson@communities.qld.gov.au](mailto:wendy.hewetson@communities.qld.gov.au).

**Group Sessions – Stepping Stones**

We are presenting three 90-minute “Changing Problem Behaviour into Positive Behaviour” Stepping Stones seminars at the Robina Disability Services Centre in Term Four. Stepping Stones Triple P is a specially tailored program for *parents of children with a disability and autism* 2-12 years of age. After this workshop, you will have the skills to raise happy, confident children and build stronger family relationships. It also helps parents manage problem behaviour and developmental issues common in children with disabilities. Interested parents only need to attend one session as the content is the same. Please contact Wendy Hewetson on (07) 5656 5899 or [wendy.hewetson@communities.qld.gov.au](mailto:wendy.hewetson@communities.qld.gov.au) to register.

Location: Campus Alpha – Level Two, 2 Investigator Drive, Robina

- 31 October 10 -11:30 am
- 1 November 6-7:30 pm
- 16 November 10-11:30 am

**Triple P International also offers QLD parents FREE access to:**

**Triple P Online**

Get all the positive parenting strategies in an eight-module course you do whenever, wherever you want <http://www.triplep-parenting.net.au/qld-ukn/find-help/triple-p-online/>

**Phone Consultations**

Call Parentline on 1300 30 1300 (for the cost of a local call) seven days a week, from 8am to 10pm.