



The **Triple P Seminars** are relaxed presentations **for parents**, which tackle some of the most common family issues for **children aged 2 – 12 years**. You can do one, two or all three in the series.

The Seminars last for 90 minutes and are called:

1. **The Power of Positive Parenting**
2. **Raising Confident, Competent Children**
3. **Raising Resilient Children**

At the end of each seminar you will take home a tip sheet. It will remind you of all of the great ideas you heard.

Triple P can help you

- Encourage behaviour you like
- Deal with your child's problem behaviour
- Feel confident as a parent
- Be realistic about parenting
- Take care of yourself

Where: **Southport State School**, 215 Queen Street, Southport (**In the Library**).

When: Thursday afternoons from 1.00 - 2.30pm. **NO CHILD CARE PROVIDED. BABES IN ARMS ONLY.**

Seminar 1 (Power of positive parenting): 18.10.18

Seminar 2 (Raising confident, competent children): 25.10.18

Seminar 3 (Raising resilient children): 1.11.18

OR

Where: **Gilston State School**, 588 Worongary Road, Gilston (**In the Library**).

When: Thursday afternoons from 1.00 - 2.30pm. **NO CHILD CARE PROVIDED. BABES IN ARMS ONLY.**

Seminar 1 (Power of positive parenting): 8.11.18

Seminar 2 (Raising confident, competent children): 15.11.18

Seminar 3 (Raising resilient children): 22.11.18

Bookings required. To register, call Nerang EYC on 5644 9100 or Coomera Springs EYC on 5644 9400.

Facilitators: Mary-Ann Lush and Rebecca Nieto