



Triple P Positive Parenting Seminar Series

For parents of children birth to 12 years of age

Kids don't come with an instruction manual! Many familiar parenting problems have very simple solutions that can be applied with some effort and focus. Triple P's easy-to-understand and practical strategies have been shown to help families in all types of situations.

Location: Westminster Public School
366 Mullen Drive, Thornhill L4J 2P3

Free Seminars and Dates

March 25, 2015 7:00 p.m. – 9:00 p.m.

The Power of Positive Parenting

- Ensuring a safe engaging environment for children
- Creating a positive learning environment
- Using assertive discipline
- Having realistic expectations
- Taking care of yourself as a parent

April 22, 2015 7:00 p.m. – 9:00 p.m.

Raising Confident and Competent Children

- Encouraging respect and cooperating
- Learning to be independent
- Learning how to develop healthy self-esteem
- Learning how to be good problem solvers

May 13, 2015 7:00 p.m. – 9:00 p.m.

Raising Resilient Children

- Recognize and accept feelings
- Express their feelings appropriately
- Build positive feelings
- Deal with negative feelings
- Deal with upsetting or stressful life events

To register and for further information contact:

Oksana Majaski, Community Resource Facilitator ,
Phone# 905-738-5497 ext. 213 Email: Oksana.majaski@yrdsb.ca

This presentation is brought to you by Westminster P.S. in partnership with Blue Hills Child and Family Centre and York Region District School Board.