



Triple P for Parents of Teens

NHS School Council Learning Session

Monday, November 18th, 2019

6:00 -8:00pm

Newmarket High School

In this session you'll learn about:

- Why teens present with certain behaviours
- Useful strategies for communicating with your teen
- Staying calm when inevitable conflicts arise
- Being realistic – every teen and every parent will make mistakes
- Taking care of yourself as a parent

Please RSVP by November 12th to School Council

email: newmarket.hs2@sc.yrdsb.ca

School Council Meeting will be held preceding the seminar.

For more Triple P Information visit:

www.triplep-parenting.ca

