

TRIPLE P TEEN

for parents with
children ages 11 and up



small changes,
big differences.

There's an easier way through adolescence...

Learn to apply Triple P Positive Parenting strategies with your teen. Parents learn about the causes of adolescent behaviour problems, setting specific goals, using strategies to promote a teenager's skills development, managing inappropriate behaviour, and teaching emotional self regulation. Learn how to plan around risk-taking behaviour or risky situations.

DATES: Every Thursday, starting January 20 - February 24, 2022 (6 sessions)

TIME: 7:00 pm - 9:00 pm **online on ZOOM**

FEES: \$65.00 per person / \$85.00 per couple

A workbook is included with this course.

Arrangements must be made for pickup or drop off.



REGISTER NOW!

web: www.swfic.org

ph: registrar@swfic.org

email: 204-284-9311