

TRIPLE P TEENS SEMINAR SERIES

WHAT IS TRIPLE P?



A toolbox of **tested-and-proven parenting strategies** for you to choose from!



Ranked by the United Nations as the **world's Number 1 parenting programme**



Tested with thousands of families for more than 35 years

WHY SHOULD YOU ATTEND TRIPLE P?

How do I support my teen to be **self-motivated** and **resilient**?

- Triple P is **for every parent** who wants to unlock the potential in their children!
- Conducted by **certified trainers**, accredited by the Ministry of Social and Family Development (MSF) and Triple P International.
- **Complimentary tipsheets** will be given to parents who attend all three seminars.

FULLY SUBSIDISED

WHAT WILL YOU LEARN?

SEMINAR 1: RAISING RESPONSIBLE TEENAGERS

Learn how to help your teenager be more **reliable, respectful, considerate**, and get **involved in family decisions!**

How can I help my teen **adapt** to the demands of **secondary school**?

SEMINAR 2: RAISING CONFIDENT, COMPETENT TEENAGERS

Help your teenager make the most of his or her time through **setting routines**, learning how to **problem-solve** and develop **self-discipline!**

SEMINAR 3: GETTING TEENAGERS CONNECTED

Coach your teenager to build healthy relationships by **caring for others**, being **confident and assertive**, and **planning ahead!**

SEMINAR DETAILS

Dates & Time:

19, 26 February & 5 March 2022, Saturday, 11am to 12.30pm via Zoom

Please use this link or scan the QR code to register:



<https://forms.office.com/r/18zERcscJ4>

For more information on Triple P, please visit:
<https://www.triplep-parenting.net/global/triple-p/>



Presented to you by:

