



# Triple P Seminar Series

**3-week program for parents / carers of children 3-10 years old.**

Triple P is a parenting program all families that provides practical answers to everyday questions. It doesn't tell you how to be a great parent – it's more of a tool box of parenting ideas. You choose the tools you need and how you use them.

Practical solutions such as simple routines and small changes to assist with common behaviour and emotional issues in children.

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**Week 1: Positive Parenting**

**Week 2: Confident Competent Children**

**Week 3: Raising Resilient Children**

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**WHEN:** 15 to 29 June 2019  
Saturdays: 10:00am – 12:00pm

**WHERE:** The Northern Centre  
Ground Floor, 3-5 Anthony Road, West Ryde

**FACILITATOR:** Laura Hurstfield

**BOOKINGS:** <http://thenortherncentre.org.au/parenting-programs/>