



Parents, stay positive!



Tantrums, fighting, refusing to cooperate? Too much yelling and stress? Like to find a better way?

Join a FREE Triple P Positive Parenting Seminar Series

Practical tips and strategies for cooperative kids, calm parents and a happier family life.

Triple P Seminar Series:

The Power of Positive Parenting: learn about reasonable expectations, assertive discipline, positive learning environments and looking after yourself as a parent.

November 16, 2020 7:00 - 8:30 pm

Raising Competent, Confident Children: learn how to help your child express their feelings appropriately.

November 23, 2020 7:00 - 8:30 pm

Raising Resilient Children: learn about emotional resilience in children and six important life skills that help children deal effectively with life's challenges and thrive.

November 30, 2020 7:00 - 8:30 pm

This Triple P Seminar Series will be offered virtually through Zoom.

To register for the Triple P Seminar Series or for more information about the Triple P Positive Parenting Program please call the Greater Foothills Family Centre at 403 652 8633 or toll free 1 877 652 8633.