



Triple P is a series of classes for parents on the move. This course demonstrates effective techniques and offers tips on dealing with the demands of parenting. Parents will become more knowledgeable about appropriate parenting techniques and gaining confidence in their parenting decisions.

### Parenting topics include:

- The Nurturing Parent/Cultural Parenting Traditions
- Growth and Development of Children
- Developing Empathy
- Managing and Communicating Feelings
- Understanding and Handling Stress
- Understanding Discipline
- Managing Discipline: Rewards and Punishment

**Upcoming Sessions:**  
July 13th Series 1  
July 20th Series 2  
July 27th Series 3  
11am - 1pm

## FREE VIRTUAL CLASSES

- Classes will be held via Go To Meeting platform
- Meeting invite will be sent to participants email upon registering for the class. You may call to register or visit [www.familyroadgbr.org](http://www.familyroadgbr.org)
- Class dates/time will be published as determined
- Certificates of completion will be sent to participants via email.
- Triple P - consists of three Seminars



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