

## Triple P Positive Parenting Program



## **Triple P Positive Parenting helps you:**

- raise happy, confident kids
- manage kids' behaviour so everyone enjoys life more
- set family rules and routines that everyone follows
- get along well with your kids and argue less
- balance work and family without stress

## FREE programs offered by the Department of Health

- Seminar Series
- Group Triple P

All parents, carers and grandparents are welcome to attend.

## **Next program:**

Seminar Series at Rockingham South Coastal Women's Health Centre on Thursdays 27/10, 10/11 and 24/11/2016 at 10.00am to 12.00 noon. To register, visit www.trybooking.com/MUQH



