



Who is this for?

* parents of children ages 0-6

Triple P can help you...

- encourage behaviour you like
- Deal with problem behaviour
- Become confident as a parent
- Be realistic about parenting
- Take care of yourself

5 Week Series with 1 phone call follow up session, Including *Kids have Stress Too in 5th session*

INCENTIVES FOR THOSE WHO ATTEND 4 OUT OF 5 SESSIONS

(Wednesdays, May 16,th, 23rd, 30th, June 6th & 13th)

18 Stoneridge Circle

10:00 am-12:00pm

Snack & Childcare Provided

Transportation available upon 24 hr notice

LIMITED SPACES
CALL AMBER OR MAZEL TO REGISTER
519 445 2565

