



Triple P Positive Parenting Courses



FREE COURSES for parents and carers of children aged 2-10 years

Quarter 1 2021

Parenting is Busy and Challenging and it influences your child's future and happiness.

Groups				
Location	Date		Venue	Time
Sligo	Wed Jan 27th, Feb 3 rd , Feb 10 th , Feb 17 th & Wed 10 th		Sligo	7-9pm
Leitrim	Thur 28 th Jan, Feb 4 th , Feb 11 th , Feb 18 th & Mar 11 th		Leitrim	7-9pm
Workshops				
Sligo	Dealing with Disobedience	Wed Feb 24th	Sligo	7-9pm
Leitrim	Developing good bedtime routines	Thur Feb 25th	Leitrim	7-9pm
Sligo	Managing Fighting and Aggression	Wed Mar 3rd	Sligo	7-9pm
Leitrim	Dealing with Disobedience	Thur Mar 4th	Leitrim	7-9pm
Sligo	Developing good bedtime routines	Wed Mar 24th	Sligo	7-9pm

Triple P Groups and Workshops are being delivered by video conferencing on the Attend Anywhere platform

Triple P offers tips and strategies for:

- Building positive relationships
- Managing children's behaviour
- Making family life more enjoyable

You choose which approach best suits you and your family

Seminar-90 minutes Audience Event

Workshop- 2 hours Small Group

Group-2 hours for 5 weeks Small Group

To book, contact Teresa at teresa.cawley@hse.ie or phone 087 9930625

Triple P Group can be completed on line for free for **Information on this and Triple P -**

www.triplep-parenting.net

For courses for parents of children over 10years and for parenting when separated and parenting resources -Sligo Leitrim Parent Hub Facebook, www.Sligoleitrimdirectory.ie PARENTING SLIGO LEITRIM