

## Do you Feel Like you are always giving out?

Triple P Positive Parenting Programme can help, Triple P Workshops are offered at various levels such as:

Stepping Stones Seminars: Stand-alone 90-minute minute sessions (for parents of children with additional needs) covering topics;

- Parenting for Children with a Disability
- Helping Your Child Reach Their Potential
- Changing Problem Behaviour into Positive Behaviour

Seminars: Stand-alone 90-minute sessions covering topics;

- The power of positive parenting
- Raising confident competent children
- Raising resilient Children

Discussion Groups: Stand-alone 2--hour workshops with more specific information covering topics;

- Developing good bedtime routines
- Dealing with disobedience
- Managing fighting and aggression
- Hassle free shopping

**Triple P Group**: A broad focused weekly group course which runs over 8 weeks (5 weeks in group & 3 weeks phone calls). The group programme must be pre-booked and is for parents interested in more *intensive training in positive parenting skills*.

**Stepping Stones Group**: A broad focused weekly group course which runs over 9 weeks (6 weeks in group & 3 weeks phone calls). The group programme must be pre-booked and is for parents interested in more intensive training in positive parenting skills specific for parents of children with additional needs.

The courses are FREE and are available to parents/ caregivers who live in the Northside Partnership Catchment Area (Dublin 3, 5, 13 and 17). Contact Linda @ 087 1432889 for more information or register your details by clicking the link [Join the Programme - Preparing For Life](#) We'll then get in touch with you to help you decide which group/workshop is right for your family.

## September 2021 Triple P Workshops

TOPIC	DATE	TIME	VENUE
Stepping Stones Seminar Positive Parenting for children with a disability	Tuesday 7 <sup>th</sup> September	6.00p.m- 7.30 p.m.	Zoom
<b>Seminar</b> The Power Of Positive Parenting	Tuesday 14 <sup>th</sup> September	9.30p.m - 11.00 a.m.	Zoom
Stepping Stones Group (9 weeks)	Wednesday 15 <sup>th</sup> September – 10 <sup>th</sup> November	6.00p.m - 8.30 p.m.	Darndale Belcamp Village Centre
Group Triple P (8 Week Group)	Tuesday 21 <sup>st</sup> September – 9 <sup>th</sup> November	9.30a.m- 11.30 a.m.	Darndale Belcamp Village Centre
Stepping Stones Seminar Helping your child reach their potential	Wednesday 22 <sup>nd</sup> September	9.30a.m – 11.00 a.m.	TBC
<b>Discussion Group</b> Developing Good Bedtime Routines	Tuesday 28 <sup>th</sup> September	5.30p.m - 7.30 p.m.	Doras Bui

\*Schedule is subject to change

For more information visit [Triple P Parenting - Preparing For Life](https://triplep.com)

Email: [triplep@nspartnership.ie](mailto:triplep@nspartnership.ie)

Contact Linda 087 1432889

[PreparingforLifeDublin](https://www.facebook.com/PreparingforLifeDublin)

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