

# Small changes, big differences.



## Teen Triple P Seminars: Takes the guesswork out of parenting teens...

### Seminar One: Raising Responsible Teenagers

Find out what makes teenagers tick! You will come away with new ideas to encourage your teenager to make good decisions, be respectful, considerate, reliable and involved in family life.

DATE: 27/04/2021 (Tuesday)  
Registration Close on 23/04/2021

### Seminar Two: Raising Competent Teenagers

Set your teenager up for life by helping your child get the most out of their school years. Find out how to help them communicate well, develop self-discipline and good routines, follow rules and solve problems.

DATE: 11/05/2021 (Tuesday)  
Registration Close on 30/04/2021

### Seminar Three: Getting Teenagers Connected

Help your teenager develop good, supportive friendships. You will learn ways to build their confidence, encourage their social skills, help them to plan and meet commitments and encourage them to care for others.

DATE: 25/05/2021 (Tuesday)  
Registration Close on 21/05/2021

### Bonus Seminar: Fear-Less Triple P Seminar

Help your teenager learn to understand and manage their anxiety. You will learn ways to promote their emotional resilience, flexible and realistic thinking, as well as constructive problem solving.

DATE: 08/06/2021 (Tuesday)  
Registration Close on 04/06/2021

#### INFORMATION AND BOOKING

All seminars are **FREE**. At each seminar, you will be given a tip sheet to take home to remind you of the great ideas you've heard.

**TIME:** 6.30pm – 8.30pm

**VENUE:** Harrisdale Senior High School  
(Library)

**PRESENTER:** Ashley Ng

Each seminar lasts approximately 2 hours and you can do one, two, three, or all four in the series. Please register your attendance by clicking the respective seminar title or visit the dates on our school's website calendar.

\* Tea, coffee and biscuits will be provided.

*Thank you. Hope to see you in one of these seminars.*