

Seminar 1 (FREE)

The Power of Positive Parenting

Duration: 1 ½ hrs

Our hopes and dreams of being a parent, the tough part of parenting, creating safe, interesting environments, positive learning environments, assertive discipline, realistic expectations, taking care of yourself.

Seminar 2 (FREE)

Raising Confident, Competent Children

Duration: 1 ½ hrs

Building for success; importance of respect and consideration; good communication, social and problem solving skills; and encouraging independence.

Seminar 3 (FREE)

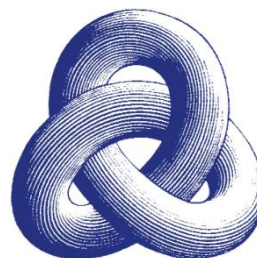
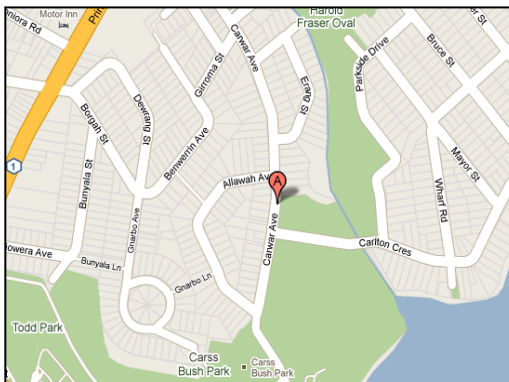
Raising Resilient Children

Duration: 1 ½ hrs

Building emotional resilience; recognising, expressing and accepting feelings; positive outlook; coping skills, negative feelings and coping with stress.

Course (FREE)

- Week 1: Positive Parenting
- Week 2: Helping Children Develop
- Week 3: Managing Misbehaviour
- Week 4: Planning Ahead
- Week 5: Future Planning & Program Closure



St George Community Services

L1, 72 Carwar Ave

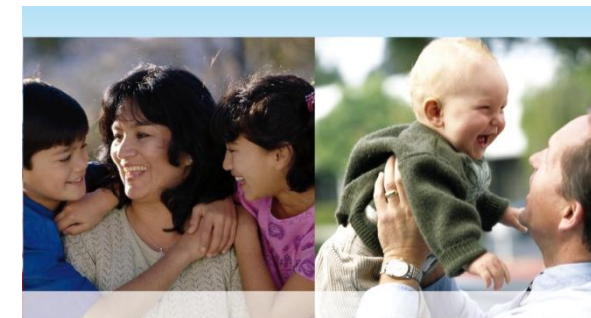
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Triple P Seminars & Courses 2012

For Parents of children 2-12

St George Community Services

8558 4000



Morning sessions

Term 1

Seminar 1: Mon 6 Feb, 10-11:30am
Seminar 2: Mon 13 Feb, 10-11:30am
Seminar 3: Mon 20 Feb, 10-11:30am

Course: Mondays 27 Feb – 26 Mar
10am to 12noon

Term 2

Seminar 1: Thur 3 May, 10-11:30am
Seminar 2: Thur 10 May, 10-11:30am
Seminar 3: Thur 17 May, 10-11:30am

Course: Thur 24 May – 21 June
10am to 12noon

Term 3

Seminar 1: Mon 23 July, 10-11:30am
Seminar 2: Mon 30 July, 10-11:30am
Seminar 3: Mon 6 Aug, 10-11:30am

Course: Mondays 13 Aug – 10 Sept
10am to 12noon

Term 4

Seminar 1: Thur 11 Oct, 10-11:30am
Seminar 2: Thur 18 Oct, 10-11:30am
Seminar 3: Thur 25 Oct, 10-11:30am

Course: Thur 1 Nov – 29 Nov
10am to 12noon



Evening Sessions

Term 1

Seminar 1: Mon 6 Feb, 6-7:30pm
Seminar 2: Mon 13 Feb, 6-7:30pm
Seminar 3: Mon 20 Feb, 6-7:30pm

Term 2

Seminar 1: Thur 3 May, 6-7:30pm
Seminar 2: Thur 10 May, 6-7:30pm
Seminar 3: Thur 17 May, 6-7:30pm

Course: Mondays 30 April–28 May
6-8pm

Term 3

Seminar 1: Mon 23 July, 6-7:30pm
Seminar 2: Mon 30 July, 6-7:30pm
Seminar 3: Mon 6 Aug, 6-7:30pm

Term 4

Seminar 1: Thur 11 Oct, 6-7:30pm
Seminar 2: Thur 18 Oct, 6-7:30pm
Seminar 3: Thur 25 Oct, 6-7:30pm

Course: Mondays 15 Oct-12 Nov
6-8pm