



Dear Parents,

You are invited to attend our parenting Program that is beginning soon at Allendale.

The Triple P - Positive Parenting Program is one of the world's most effective parenting programs. It is one of the few based on evidence from ongoing scientific research. There have been more than 200 evaluation papers, including 104 randomised controlled studies, showing that Triple P works for most families in a variety of cultures, countries and family situations.

Triple P works by giving parents the skills to raise confident, healthy children and teenagers, and to build stronger family relationships. It also helps parents manage misbehaviour and prevent problems occurring in the first place.

it gives you simple and practical strategies they can adapt to suit their own values, beliefs and needs.

Triple P is also different because it is not 'one size-fits-all'. It's a system that offers increasing levels of support to meet parents' different needs. Parents can choose anything from one-off public seminars or self-help books to more detailed group courses or individual sessions.

Triple P, Positive Parenting seminar (0-12 years) – The Power of Positive Parenting Workshop 1.

Date: 29 March 2017 Time: 1:30pm-3:00pm

Venue: Allendale Primary School in the library

Cost: Free seminar

Presenter: Nora Salah – School Psychologist

Provisionally Registered Psychologist

Afternoon tea provided.

To attend this event, please express your interest by completing your details and detaching the slip and returning it to the office no later than:

Friday 3 March, 2017.

Name _____

Contact number: _____



I am interested in attending the: **Triple P, Positive Parenting seminar (for parents of children 0-12 years) – The Power of Positive Parenting Seminar 1**