Small changes,
big differences.

Triple P
Positive Parenting Program
for every parent

TEEN Triple P for
Parents of Teenagers 11-15 years.

You are invited to attend a **Free** 1 Hour Seminar on

Raising Competent Teenagers and Supporting your Teenager in School

This seminar looks at how you as a parent can support your teenager to develop life skills such as:

- Developing self-discipline,
- Becoming a good problem solver,
- Establishing good routines,
- Following school rules and
- Developing supportive friendships.

Date	Time	Venue
Wednesday 26th September.	**7.30pm**	**Killina Presentation School**

For further information contact **Deirdre** on 0860274837/0906447111.
Check us out on **Facebook** or our website **www.askaboutparenting.ie**