

FREE PARENTING SEMINAR



Help your kids cope with life's ups and downs

Like to give your kids the skills and strategies they need to manage their emotions and overcome challenges? Triple P's *Raising Resilient Children* seminar can really help. Learn more about giving your kids the know-how to tackle problems, now and in the future. This life-changing 90 minutes is free for Queensland parents and carers of children aged up to 12 years and is packed with strategies to help make family life less dramatic – and more enjoyable!

Triple P's Raising Resilient Children seminar can help you:

- ◆ Teach kids to manage their emotions
- ◆ Develop your child's ability to bounce back from disappointments
- ◆ Show your children how to express strong feelings in a healthy way
- ◆ Raise kids who can deal with stress
- ◆ Encourage problem-solving and a positive attitude

Register for your FREE parenting seminar:

Raising Resilient Children

Tuesday 21 July 2020

7:00pm-8:15pm

Online seminar (via Zoom webinar)

Proudly hosted by MP Brittany Lagua, Member for Keppell

Book your free place now at
www.triplep-parenting.net



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