



Triple P

Positive Parenting Courses



Parenting is Busy and Challenging

It also influences your child's future Health and Happiness



This FREE parenting programme offers YOU..

Triple P stands for
Positive Parenting Programme

tips & strategies for...

- building positive relationships
- managing children's behaviour
- making family life more enjoyable



FREE COURSES for parents of children up-to age 10yrs

Groups

Location	Date	Venue	Time
Sligo	Tuesdays-Oct 1 st , 8 th , 15 th , 22 nd & Nov 12 th	Family Resource Centre, Ballymote	7-9pm
Sligo	Wednesdays-Oct 2 nd , 9 th , 16 th , 23 rd & Nov 13 th	Markievicz House, Conference Room	7-9pm
Leitrim	Thursdays-Oct 3 rd , 10 th , 17 th , 24 th and Nov 14 th	Education, Centre, Carrick on Shannon	7-9pm

Workshops

Sligo	Dealing with Disobedience	Tues Nov 5 th	Family Resource Centre, Ballymote	7-9pm
Sligo	Dealing with Disobedience	Wed Nov 6 th	Markievicz House, Conference Room	7-9pm
Leitrim	Developing good bedtime routines	Thur Nov 7 th	Education, Centre, Carrick on Shannon	7-9pm
Sligo	Managing Fighting and Aggression	Wed Nov 20 th	Markievicz House, Conference Room	7-9pm
Leitrim	Dealing with Disobedience	Thur Nov 21 st	Education, Centre, Carrick on Shannon	7-9pm
Sligo	Developing good bedtime routines	Wed Nov 27 th	Markievicz House, Conference Room	7-9pm



You choose which approach best suits you and your family:

Seminar - 90 mins Audience event

Workshop - 2 hours Small group

Group - 2 hours for 4 weeks Small group

To Book Contact: Teresa on 071 9135076 / teresa.cawley@hse.ie

Courses for parents of children over 10 years and to support parenting when separated offered by Parent Plus. Contact the Parent Hub Sligo Leitrim Facebook page

More Information and Resources:

www.triplep-parenting.net | www.mychild.ie | www.sligoleitrimdirectory.ie
www.tusla.ie/parenting-24-seven | Parent Hub Sligo Leitrim Facebook page

PARENTING SLIGO LEITRIM