

**FREE  
PARENTING  
SEMINAR**



**Triple P, Positive Parenting**



## 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

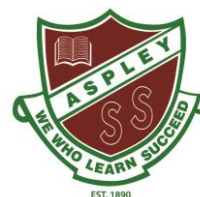
### Register for your free seminar presented by Aspley State School

#### **Raising Resilient Children**

Wednesday, 17 August 2016

6:30pm – 8:00pm

Corner of Maundrell Terrace and Horn Road, Aspley



Funded by



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Government**

**Book your free place now at [www.triplep-parenting.net](http://www.triplep-parenting.net)**