



Be the **BEST**
Parent you can
be !

Triple P - Positive Parenting Program

Triple P is a positive parenting program for all families that provides practical answers to everyday parenting concerns.

At a group you'll learn about :

- effective parenting strategies
- how to promote your child's development
- how to manage common child behaviour problems
- ways to help you deal with almost any situation that might arise

This is a FREE program !

When: 5 face to face sessions starting Thursday
17 October 2013

Where: Cessnock Family Support Service
5 Hall Street
Cessnock NSW

Time: 10 am—12 pm

To book a place or for more information please phone
Jules or Kate at Cessnock Family Support on
4990 4507

