Triple P Positive Parenting helps you:
• raise happy, confident kids
• manage kids' behaviour so everyone enjoys life more
• set family rules and routines that everyone follows
• get along well with your kids and argue less
• balance work and family without stress

FREE programs offered by the Department of Health
• Seminar Series
• Group Triple P

All parents, carers and grandparents are welcome to attend.

Next program:
Seminar Series at Rockingham South Coastal Women's Health Centre on Thursdays 27/10, 10/11 and 24/11/2016 at 10.00am to 12.00 noon. To register, visit www.trybooking.com/MUQH