

## Triple P Calendar May-July 2021






### What is Triple P?

Triple P is a programme that has been proven to work. It has been researched all over the world. It offers you some ideas. You choose the strategies you need. You choose the way you want to use them. It is all about making Triple P work for you. The courses are FREE and are available to parents/caregivers who live in the Northside Partnership Catchment Area (Dublin 3,5,13 and 17).

### What does Triple P do?

Triple P is a 'Positive Parenting Programme' which means it helps your family life to be much more enjoyable.

Triple P helps you:

-  Raise happy, confident kids
-  Encourage behaviour you like
-  Manage misbehaviour so everyone in the family enjoys life more
-  Set rules and routines that everyone respects and follows
-  Take care of yourself as a parent

### How to book a place?

Click on the link below to register. This will bring you to a short form which will only take about three minutes to complete. We will then be in touch to follow up to book you into a workshop that suits you. <https://www.preparingforlife.ie/join-programme/>

**\*All workshops and groups must be pre-booked**

**\*Schedule is subject to change**

Throughout the workshops you will have the chance to listen and share your parenting experiences with other parents, pick up tips and plan on how to make your family life more enjoyable. If parents have any concerns around attending or participating in the workshops please talk to your local co-ordinator.

Triple P Interim Co-ordinator: Linda Pickett – 087 1432889



**May 2021**  
**Workshops**

DATE	TIME	VENUE	TOPIC
Wednesday 5 <sup>th</sup> May	9.30am-11.30am	Zoom	<b>Discussion Group:</b> Dealing With Disobedience
Tuesday 11 <sup>th</sup> May	6pm-7.30pm	Zoom	<b>Seminar:</b> Raising Confident Competent Children
Thursday 20 <sup>th</sup> May	6pm-8pm	Zoom	<b>Discussion Group:</b> Managing Fighting and Aggression
Wednesday 26 <sup>th</sup> May	9.30am-11am	Zoom	<b>Seminar:</b> Raising Resilient Children

**\*All workshops and groups are Free and must be pre-booked.**

**\*Schedule is subject to change.**

Visit [www.preparingforlife.ie/join-programme](http://www.preparingforlife.ie/join-programme) to register your details

For more information Email: [triplep@nspartner.ie](mailto:triplep@nspartner.ie)

Mobile :Linda 087 1432889





DATE	TIME	VENUE	TOPIC
Wednesday 2 <sup>nd</sup> June	6pm-8pm	Zoom	Discussion Group: Developing Good Bedtime Routines
Wednesday 9 <sup>th</sup> June	9.30am-11am	Zoom	Seminar: Power Of Positive Parenting
Tuesday 15 <sup>th</sup> June	5.30pm-7.30pm	Zoom	Discussion Group: Dealing With Disobedience
Thursday 24th June	9.30am-11am	Zoom	Seminar: Raising Resilient Children

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For more information Email: [triplep@nspartner.ie](mailto:triplep@nspartner.ie)

Contact Linda 087 1432889





## July Workshops

DATE	TIME	VENUE	TOPIC
Wednesday 14 <sup>th</sup> July	6pm-7.30pm	Zoom	<b>Seminar:</b> Raising Confident Competent Children
Wednesday 28 <sup>th</sup> July	6pm-7.30pm	Zoom	<b>Seminar:</b> Power Of Positive Parenting

**\*All workshops and groups are Free and must be pre-booked.**

**\*Schedule is subject to change.**

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Contact Linda 087 1432889

[www.preparingforlife.ie](http://www.preparingforlife.ie)



An Roinn Leanaí  
agus Gnóthaí Óige  
Department of Children  
and Youth Affairs



Northside  
Partnership

Where Opportunity Meets Community



PreparingforLifeDublin



An Ghníomhaireacht um  
Leanaí agus an Teaghlach  
Child and Family Agency