

Do you Feel Like you are always giving out?

Triple P Positive Parenting Programme can help! Triple P Workshops are offered at various levels such as:

Seminars

Standalone 90-minute sessions covering topics:

- **The power of positive parenting**
- **Raising confident competent children**
- **Raising resilient Children**

Discussion Groups

Stand-alone 2--hour workshops with more specific information covering topics:

- **Developing good bedtime routines**
- **Dealing with disobedience**
- **Managing fighting and aggression**
- **Hassle free shopping**

Stepping Stones Seminars

Standalone 90-minute sessions for parents of children with additional needs covering topics:

- **Parenting for Children with a Disability**
- **Helping Your Child Reach Their Potential**
- **Changing Problem Behaviour into Positive Behaviour**

Triple P Group

A broad focused weekly group course which runs over 8 weeks (5 weeks in group & 3 weeks phone calls). The group programme must be pre-booked and is for parents interested in more **intensive training in positive parenting skills**.

Stepping Stones Group

A broad focused weekly group course which runs over 9 weeks (6 weeks in group & 3 weeks phone calls). The group programme must be pre-booked and is for parents interested in more intensive training in positive parenting skills specific for parents of children with additional needs.

The courses are FREE and are available to parents/ caregivers who live in the Northside Partnership Catchment Area (Dublin 3, 5, 13 and 17).

Contact Linda @ 087 143 2889 for more information or register your details by clicking the link

[Join the Programme - Preparing For Life](#)

We'll then get in touch with you to help you decide which group/workshop is right for your family.

December 2021 Workshops

TOPIC	DATE	TIME	VENUE
Seminar: Raising Resilient Children	Wednesday 1 st December 2021	9.30am-11am	Zoom
Stepping Stones Seminar: (For parents of children with additional needs): Positive Parenting for Children with Additional Needs	Wednesday 8 th December 2021	9.30am-11am	Zoom
Seminar: Raising Confident Competent Children	Wednesday 15th December 2021	9.30am-11am	Zoom

For more information visit:
www.preparingforlife.ie/join-programme/
 Email: triplep@nspartnership.ie
 Contact Linda 087 1432889

 PreparingforLifeDublin

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

*Schedule is subject to change.



January 2022 Parenting Workshops



TOPIC	DATE	TIME	VENUE
Triple P 8 week Group	12 th Jan- 2 nd March 2022	9.30am-11.30am Eva	Zoom/ OLI JS sent email
Triple P Stepping Stones Group	11 th Jan-8 th March 2022	6pm-8.30pm Caroline	Zoom / Bunratty sent email
Circle Of Security	12 th -2 nd March 2022	9.30am-11.30am Leah	Zoom/Bunratty booked
Seminar: Power Of Positive Parenting	Wednesday 19 th January 2022	9.30am-11am	Zoom Linda P
Stepping Stones Seminar: <i>Positive Parenting For Children With Additional Needs</i>	Wednesday 26 th January 2022	6pm-7.30pm	Zoom Jane

For more information visit [Triple P Parenting - Preparing For Life](#)

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