



# Triple P Positive Parenting Courses



FREE COURSES for parents and carers of children aged 2-10 years

**Quarter 2 2020**

**Parenting is Busy and Challenging and it influences your child's future and happiness.**

Groups				
Sligo	Tue Mar 24 <sup>th</sup> , Mar 31 <sup>st</sup> , Apr 21 <sup>st</sup> , Apr 28 <sup>th</sup> , May 19 <sup>th</sup>	Ballymote FRC		7-9pm
Sligo	Wed, Mar 25 <sup>th</sup> , Apr 1 <sup>st</sup> , Apr 22 <sup>nd</sup> April 29 <sup>th</sup> & May 20 <sup>th</sup>	Markievicz House, Conference Room		7-9pm
Leitrim	Thur Mar 26 <sup>th</sup> , Apr 2 <sup>nd</sup> , Apr 23 <sup>rd</sup> & Apr 30 <sup>th</sup> & May 21 <sup>st</sup>	Education, Centre, Carrick on Shannon		6.30-8.30pm
Workshops				
Sligo	Dealing with Disobedience	Wed Apr 29 <sup>th</sup>	Avalon Centre, Sligo Town	11-1pm
Sligo	Managing Fighting and Aggression	Wed May 6 <sup>th</sup>	Markievicz House, Conference Room	7-9pm
Leitrim	Dealing with Disobedience	Thur May 7 <sup>th</sup>	Education, Centre, Carrick on Shannon	6.30-8.30pm
Sligo	Dealing with Disobedience	Tue May 12 <sup>th</sup>	Ballymote FRC	7-9pm
Leitrim	Bedtime routines	Thur May 14 <sup>th</sup>	Education, Centre, Carrick on Shannon	6.30-8.30pm
Sligo	Bedtime routines	Wed 20 <sup>th</sup> May	Avalon Centre, Sligo Town	11-1pm

Triple P offers tips and strategies for:

- Building positive relationships
- Managing children's behaviour
- Making family life more enjoyable

You choose which approach best suits you and your family

**Seminar**-90 minutes Audience Event

**Workshop**- 2 hours Small Group

**Group**-2 hours for 4 weeks Small Group

To book, contact Aolish at [aolishsligochildcare@gmail.com](mailto:aolishsligochildcare@gmail.com) or phone 087-7391569

Triple P Group can be completed on line for fee for **Information on this and Triple P -**

[www.triplep-parenting.net](http://www.triplep-parenting.net)

**For courses for parents of children over 10years and for parenting when separated and parenting resources – contact Sligo Leitrim Parent Hub Facebook page**

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