

# Because kids do not come with an instruction book...

Parents sometimes need a helping hand. The **Triple P** Program aims to help improve your relationship with your child. Come to a series of public conferences near you to learn simple and practical tips to increase your satisfaction with your role as parent!



## Conferences to help you! Fall / Winter 2018-2019

### Conference 1 / The Power of Positive Parenting: What? Where? When? How?

Discover positive parenting practices to help improve your relationship with your child and to manage your child's behaviour. Learn ways to have even more fun in your parenting role.

### Conference 2 / The Power of Positive Parenting: Raising Confident, Competent Children

Learn how to use positive parenting practices to guide your kids in learning important values and social skills such as respect, politeness, thoughtfulness, friendship, self-esteem and problem solving.

### Conference 3 / The Power of Positive Parenting: Managing your child's emotions

Develop ways to help your children to recognize, understand and express their emotions.

Conference 1	Conference 2	Conference 3	
September 26 7:00 - 8:30 p.m.	October 10 7:00 - 8:30 p.m.	October 24 7:00 - 8:30 p.m.	<b>35e Régiment du Génie de Combat</b> 2630, Boulevard Hochelaga (at the corner of the streets Hochelaga-Jean-de-Quen)
February 13 7:00 - 8:30 p.m.	February 27 7:00 - 8:30 p.m.	March 13 7:00 - 8:30 p.m.	<b>35e Régiment du Génie de Combat</b> 2630, Boulevard Hochelaga (at the corner of the streets Hochelaga-Jean-de-Quen)

You can attend all of the **Triple P** conferences for free. No registration required.

**It's free and it works!**

For more information:  
[www.jhsb.ca/en/propos-de-nous/quoi-de-neuf](http://www.jhsb.ca/en/propos-de-nous/quoi-de-neuf)



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