

Small changes, big differences.



FREE Triple P, 0-12 Years Parenting Seminar **Raising Resilient, Children**

(Developed by Professor M. Sanders and Colleagues, School of Psychology, University of Queensland).

In this seminar parents can learn about

- Recognising and accepting feelings
- Expressing feelings appropriately
- Building a positive outlook
- Developing coping skills
- Dealing with negative feelings and unpleasant situations
- Coping with stressful life events

DATE: Wednesday 14th July 2010

TIME: 1pm to 4pm

VENUE: St George Migrant Resource Centre,
552 Princess Highway Rockdale NSW

PRESENTERS: Marie-Rose Paterson SSWDVCAS &
Danielle Finlay KOGARAH COMMUNITY SERVICES.

Light refreshment will be provided

BOOKING is essential, places are limited, call Lesly, on 9597 5455 or email sgpmigrant@sgmrc.org.au

Partnerships



www.triplep.net