



PARENTING SESSIONS

Let's talk about it!

Kids don't come with an instruction manual! Many familiar parenting problems have very simple solutions that can be applied with some effort and focus. Triple P's easy-to-understand and practical strategies have been shown to help families in all types of situations.

We welcome all parents, guardians, caregivers and community members to attend these virtual sessions!

November 2, 2022 | 10:00 a.m. – 11:30 a.m.

Getting Teens Connected

For parents of children 12+. This session will focus different aspects of helping teens to develop supportive friendships and become engaged in appropriate social and recreational groups and activities in the wider community.

[REGISTER NOW](#)

November 9, 2022 | 10:00 a.m. – 11:30 a.m.

Our Family, Our Rules

For parents of children and teens. This session will focus on developing a collaborative approach to family rules, expectations, and problem solving/solution seeking skills to help guide your children

[REGISTER NOW](#)

November 16, 2022 | 10:00 a.m. – 11:30 a.m.

Promoting Resiliency in Children

For parents of children and teens. This session will focus on helping your child develop skills to help build resiliency that will help them deal with everyday challenges and the more serious challenges they may face.

[REGISTER NOW](#)

November 23, 2022 | 10:00 a.m. – 11:30 a.m.

Nurturing Healthy Self-Esteem

For parents of children and teens. This session will focus on how to create a supportive and engaging environment that helps your child develop and maintain confidence and healthy self-esteem.

[REGISTER NOW](#)

November 29, 2022 | 10:00 a.m. – 11:30 a.m.

Managing Negative Self-Talk

For parents of children and teens. This session will focus on different strategies to help your child manage and reduce negative self-talk and realize their self-worth

[REGISTER NOW](#)

Facilitator: Uma Bhatt, R.S.W. York Hills Centre for Children, Youth and Families

These free virtual parent presentations are brought to you in a collaborative partnership with York Region District School Board and York Hills Centre for Children, Youth and Families.

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