



# PARENTING SESSIONS

## Let's talk about it!

Children do not 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!**

**April 5, 2023 | 10:00 a.m. – 11:30 a.m.**

**Raising Competent Teens**

For parents of teens and tweens. This session will focus on strategies for your child to develop communication skills, self-discipline, good routine and problem solving skills.

[REGISTER NOW](#)

**April 19, 2023 | 10:00 a.m. – 11:30 a.m.**

**Getting Teen Connected**

For parents of teens and tweens. This session will focus on strategies to build your child's confidence, encourage social skills, plan and meet commitments and developing positive, supportive friendship.

[REGISTER NOW](#)

**April 25, 2023 | 6:30 p.m. – 8:30 p.m.**

**Separation Anxiety**

For parents 0-12 years of age. Whether your child is starting daycare, school or summer camp this session will help parents learn about the signs and symptoms of separation anxiety. The focus will be on strategies to calm your child's separation anxiety and how to better prepare your child for the transition.

[REGISTER NOW](#)

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



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

For more information, please contact Oksana Majaski,  
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