

Small changes,
big differences.



**TEEN Triple P for
Parents of Teenagers 11-15 years.**

You are invited to attend a **Free** 1 Hour Seminar on

**Raising Competent Teenagers and
Supporting your Teenager in School**

This seminar looks at how you as a parent can support your teenager to develop life skills such as:

- Developing self-discipline,
- Becoming a good problem solver,
- Establishing good routines,
- Following school rules and
- Developing supportive friendships.

| Date | Time | Venue |
|--------------------------------|--------|-----------------------------|
| Thursday 19 th Sept | 7.30pm | Killina Presentation School |

For further information contact **Deirdre** on 0860274837/0906447111.
Check us out on **Facebook** or our website www.askaboutparenting.ie