

Small changes,  
big differences.



## **TEEN Triple P for Parents of Teenagers in 1<sup>st</sup> 2<sup>nd</sup> & 3<sup>rd</sup> Year**

You are invited to attend a **Free** Seminar on  
**Raising Responsible Teenagers**

This seminar looks at how parents can support their teenager to develop lifeskills such as:

- Taking part in good decision making,
- Being respectful and considerate,
- Being involved in family activities,
- Developing a healthy lifestyle
- Being reliable
- Being assertive.

Date	Time	Venue
<b>Wednesday 18<sup>th</sup> January 2017</b>	<b>7.30- 8.30pm</b>	<b>Sacred Heart Secondary School Tullamore</b>

For more information you can contact us on Deirdre 0860274837/Helen 0879875107  
Midland Area Parenting Partnership, [www.triplep-parenting.net](http://www.triplep-parenting.net) 090 6447111  
Or find us on facebook TriplepMAPP