



Parenting Seminars

Triple P is a programme for parents of 2-10 year olds. The aim is to provide parents with management strategies, which make parenting easier and more enjoyable as they encourage their children to learn, encourage positive behaviour and learn how to set rules for the children to follow.



Free **Triple P** classes and 'one-off' seminars will run at the Holdsworth Centre on the dates below.

Presenter: Gordana Kokanovic

Clinical Nurse Specialist, Grad.Dip.Community Nursing, Dip. Paediatric Nursing, Audiometrist, Triple P facilitator

Child & Family Health, Sydney Children's Hospital

Booking is essential - phone Gordana on 9382 0926

Term 3 2010

Free one-off Seminar on **Self Esteem**

Tuesday August 24th 10 am to 12.30 pm

Free one-off Seminar on **Teaching Your Children Tidying Up**

Tuesday September 14th 10 am to 12.30 pm

Term 4 2010

Triple P classes

October 26th, November 2nd, 9th, & 16th.

(all dates are Tuesdays)

This is a 4 week course and participants are expect to commit to all four sessions

All of the above sessions are free and commence at 10am at
Holdsworth Community Centre

64 Holdsworth Street, Woollahra NSW 2025

For information on sessions held at Eastgardens, contact Gordana.