



### 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.

Join us to share, learn and build a school culture where mental health and well-being is valued and promoted.

Click below to:

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For more information contact:

Oksana Majaski  
Community Partnership  
Developer, YRDSB  
416-568-2252  
Oksana.majaski@yrdsb.ca

## PARENT PRESENTATION TRIPLE P PARENTING SEMINAR RAISING CONFIDENT COMPETENT CHILDREN For parents of children from birth to teens

**Parents, Grandparents and Caregivers  
are invited to attend!**

- Topic:** **Raising Confident Competent Children**  
This session will focus on how to ensure a safe and engaging environment for children by;
- Encouraging respect and cooperating
  - Learning to be independent
  - Learning how to develop healthy self-esteem
  - Learning how to be good problem solvers
- Location:** Webinar
- Date:** Tuesday, October 26, 2021
- Time:** 10:00 a.m. – 11:30 a.m.
- Facilitator:** Uma Bhatt, R.S.W.  
York Hills Centre for Children, Youth and Families

*This free Parent Presentation is brought to you in partnership with York Hills Centre for Children, Youth and Families and York Region District School Board.*

