

Triple P Parenting Seminar

Raising Responsible Teens

Find out what makes teenagers tick! You'll come away with new ideas to encourage your teenager to make good decisions, be respectful, considerate, reliable and involved in family life.

This session will focus on how to teach and encourage each of the following skills:

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

[Register](#) today!

**Parents, Grandparents and
Caregivers of Teenagers (13-18)
and Pre-Teenagers (10-12)**

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

Date: Wednesday, March 2, 2022

Time: 10:00 a.m - 11:30 a.m.

Location: Zoom Link will be provided

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

More Information:

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**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.**